NOVEMBER

GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a-6:15a L1 CYCLE KATI VON KNORRING SPIN STUDIO	5:30a-6:15a L1 SPIN FUSION KATI V. / KATE D. SPIN STUDIO	6:00a-6:50a L1/2 TOTAL BODY COND. KATE DUBORD AS 1	5:30a-6:15a L1 CYCLE KATI VON KNORRING SPIN STUDIO	6:00a-6:50a L1/2 TOTAL BODY COND. KATE DUBORD AS 1	7:00a-7:50a L2 MIND BODY RESET- STRENGTH & CONTROL IZY BLACKWOOD AS1	8:00a-9:00a L2 GROUP POWER MICHELLE AMORI AS 2
6:30a-7:15a L1 PIYO (Pilates/Yoga) KRISTIN DEGROAT M 1/2	6:15a-7:15a L2 BOOTCAMP LAMONT ROLLINS GYM	7:00a-7:30a L1 STRETCH EXPRESS KATE DUBORD AS 1	6:15a-7:15a L2 BOOTCAMP LAMONT ROLLINS GYM	7:00a-7:30a L1 STRETCH EXPRESS KATE DUBORD AS 1	8:00a-8:50a L1 GENTLE YOGA FRANCESCA CONWAY M 1/2	9:00a-9:50a L1 ZUMBA JEN HUMPRHIES AS 1
7:00a-8:00a L2 GROUP POWER MICHELE AMORI AS 2	7:30a-8:30a L1 PICKLBALL CLINICS - SEE GYM SCHEDULE FOR SPECIFICS	8:00a-9:00a L1-2 DANCE FUSION MATT HOFFMAN AS 1	6:30a-7:30a L1 MEDITATION & YOGA KRISTIN DEGROAT AS 1	7:00a-8:00a L2 GROUP POWER MICHELLE AMORI AS 2	8:00a-8:50a L2 FIT IN FIVE WENDY ROSA AS 2	10:00a-10:50a L1-2 H.I.I.T. JEN HUMPRHIES AS 1
8:00a-9:00a L1 AQUAFIT CLAUDIA MACORA ALUMNI POOL	8:00a-9:00a L1 AQUAFIT CLAUDIA MACORA ALUMNI POOL	8:00a-9:00a L1 AQUA ARTHRITIS WENDY ROSA ALUMNI POOL	8:00a-9:00a L1 AQUAFIT CLAUDIA MACORA ALUMNI POOL	8:00a-8:50a L1 BARRE FRANCESCA CONWAY AS 1	8:00a-8:50a L1 DANCE FUSION MATT HOFFMAN AS 1	10:00a-11:30a L1 YOGA FRANCESCA CONWAY M 1/2
8:00a-8:45a L2 WEIGHTS & MORE WENDY ROSA M 1/2	8:00a-9:00a L2 ROCK IT OUT KIMBERLY JAMES AS 1	8:30a-9:30a L2 CYCLE LAMONT ROLLINS SPIN STUDIO	8:00a-9:15a L2 PILATES & STRETCH WENDY ROSA M 1/2	8:30a-9:30a L2 CYCLE LAMONT ROLLINS SPIN STUDIO	8:00a-8:50a L1-2 CYCLE & STRENGTH KATE DUBORD SPIN STUDIO	
8:30a-9:30a L2 CYCLE LAMONT ROLLINS SPIN STUDIO	8:00a-8:45a L2 CORE & MORE WENDY ROSA M 1/2	8:00a-8:50a L1-2 HATHA YOGA LINDA PARENTICE M 1/2	8:30a-9:20a L2 PILATES MIX BARRE LINDA PARENTICE AS 1	9:00a-9:50a L1 YOGA SUSAN JONES AS 1	9:00a-9:50a L1 ZUMBA KELLZ ARTEAGA AS 1	
9:00a-9:50a L2 BODY BAR BARRE FRANCESCA CONWAY AS 1	8:45a-9:30a L2+ ULT. CARDIOKICK BRANDON MUBUUKE GYM	9:00a-9:50 L2 ZUMBA TONING KELLZ ARTEAGA AS1	9:00a-9:55a L2+ STEP & SCULPT RENEE JENNINGS AS 2	9:00a-9:50a L1-2 FULL BODY TRAINING ABIGAIL RODRIGUEZ BASE FITNESS	9:00a-9:50a L1 STRETCH WENDY ROSA M 1/2	
10:00a-10:50a L1 ZUMBA KELLZ ARTEAGA AS 1	8:50a-9:40a L1 CHAIR YOGA FRANCESCA CONWAY AS 2	9:15a-10:00a L1 BUFF BONES PILATES WENDY ROSA M 1/2	9:30a-10:30a L2 ZUMBA KELLZ ARTEAGA AS1	10:00a-10:55a L2 CARDIO BOOTY BARRE FRANCESCA CONWAY AS 1	10:00a-10:45a L2 *ADVANCED* TRX WENDY ROSA AS 1	
10:00a-10:55a L1 BUFF BONES STRENGTH & RHYTHM WENDY ROSA M 1/2	9:00a-9:50a L1 YOGA SUSAN JONES M 1/2	10:10a-11:00a L1 FIT 4 LIFE FRANCESCA CONWAY M 1/2	10:00a-11:00a L1 FIT 4 LIFE DANA CONELIAS M 1/2	10:15a-11:15a L1 HYDROFIT SHALLOW LINDA PARENTICE OLYMPIC POOL	10:05a-11:30a L2 YOGA KRISTIN DEGROAT M 1/2	
10:00a-10:50a L1 PD YOGA FRANCESCA CONWAY CENTENNIAL ROOM	9:00a-9:55a L2 PILATES MAT LINDA PARENTICE AS 1	10:10a-11:00a L1-L2 ADULT BOX & BURN BRIAN DOWD BOXING LOFT	11:00a-11:55a L1 PD BASIC BOXING BRIAN DOWD AS 1	11:00a-11:55a L2 BODY CONDITIONING FRANCESCA CONWAY M 1/2	10:45a-11:30a L1 TRX PILATES FLOW WENDY ROSA AS 1	
11:00p-12:00p L1/2 SOCIAL TANGO DANIELA ROIG M 3	9:45a-10:45a L2 ZUMBA TONING KELLZ ARTEAGA AS 2	10:25a-11:10a L2 BODY SCULPT LINDA LOMBARDO AS 2	4:00p-4:45p L1 TEEN BOX & BURN BRIAN DOWD BOXING LOFT	11:30a-1:00p L1 & 2 PD CARDIO BOXING & MINDFUL MOVEMENT BRANDON & LINDA AS 1&2 THIS CLASS IS UNDERWRITTEN BY PARKINSON'S BODY & MIND	11:30a-12:15p L1 MATTER OF BALANCE WENDY ROSA AS 1	
11:00a-12:30p L1 & 2 PD CARDIO BOXING & MINDFUL MOVEMENT BRANDON & LINDA AS 1&2 THIS CLASS IS UNDERWRITTEN BY PARKINSON'S BODY & MIND	10:00a-11:00a L1 FIT 4 LIFE FRANCESCA CONWAY M 1/2	11:00a-12:00p L1 PD FUNCTIONAL STRENGTH AS1 FRANCESCA CONWAY	4:45p-5:45p L1-L2 BOX/BURN OPEN GYM BRIAN DOWD BOXING LOFT		11:30a-12:20p L1 MOVING FOR LIFE KRISTIN DEGROAT M 1/2	
	10:05a-10:55a L1 BARRE SUSAN JONES AS 1	11:15a-12:00p L2 ACTIVE & STRONG LINDA LOMBARDO AS 2	6:00p-7:15p L1 GENTLE YOGA FRANCESCA CONWAY M 3	12:05p-1:05p L1 FIT 4 LIFE ABIGAIL RODRIGUEZ M 1/2	12:30p-1:30p L2 ACTIVE & STRONG LINDA LOMBARDO AS 2	
11:05a-12:00p L1 FIT 4 LIFE ABIGAIL RODRIGUEZ M 1/2	11:10a-12:00p L2 PD TRX + HITT LINDA PARENTICE AS1	11:30a-12:30p L1 HYDROFIT DEEP DANA CONELIAS OLYMPIC POOL				
11:30a-12:30p L1 HYDROFIT DEEP DANA CONELIAS OLYMPIC POOL	11:15a-11:55p L1 BRAIN FITNESS WENDY ROSA M 1/2	6:00p-6:50p L2 PILATES MIX BARRE LINDA PARENTICE AS1				
12:05p-1:00p L2 ACTIVE & STRONG LINDA LOMBARDO M 1/2	12:00p-12:45p L1 BUFF BONES PILATES WENDY ROSA M 1/2	6:00p-6:45p L2 CARDIO JAM BRANDON MUBUUKE AS 2				
6:00p-6:50p L1 POWER YOGA LINDA PARENTICE AS 1	12:10p-1:00p L1 PD BASIC BOXING BRIAN DOWD AS 1	6:50p-7:45p L2 SPIN/BOXING COMBO "GEARS & GLOVES" BRANDON MUBUUKE				
6:30p-7:30p L1 ZUMBA AYA BARATTA AS 2	4:30P-5:10P L1-L2 TEEN BOX & BURN BRIAN DOWD BOXING LOFT	7:00p-8:00p L1 WOMEN ON WEIGHTS LINDA PARENTICE WELLNESS CENTER				
7:00p-8:00p L1 WOMEN ON WEIGHTS LINDA PARENTICE WELLNESS CENTER	5:15P-6:00P L1-L2 BOX/BURN ADULT BRIAN DOWD BOXING LOFT					
	7:00p-8:00p L1 YOGA ANN MARIE M 1/2					
	7:00p-7:50p L1/2 ZUMBA EVA MATYSZOWICZ AS 2					

11/4/2026

NOTES: Class registration is required and by doing so you will be notified in the event of a class cancellation. If you cannot attend a class that you've registered for, please be sure to cancel your registration. Schedule is subject to change. Refer to the Greenwich YMCA app for the most up-to-date information on classes which includes class descriptions.

- BLUE = Classes in our pools
- GREEN = Classes in GYM
- PEACH = New Classes
- YELLOW = Parkinson's Body & Mind classes.
  You must have PD in order to attend PD classes.
- RED TYPE = Indicates difficulty level & room location.

L1 – Beginner/Gentle
L1/2- Beginner to Intermediate
L2 – Intermediate to Advanced
L2+ – Advanced to Intense

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