

| GROUP EXERCISE SCHEDULE                                                                                                                                                                                          |                                                                                   |                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                 |                                                                                             |                                                                       |
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| OCTOBER 2026                                                                                                                                                                                                     |                                                                                   |                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                 |                                                                                             |                                                                       |
| MONDAY                                                                                                                                                                                                           | TUESDAY                                                                           | WEDNESDAY                                                                                  | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | FRIDAY                                                                                                                                                                                                          | SATURDAY                                                                                    | SUNDAY                                                                |
| 5:30a-6:15a <b>L1</b><br>CYCLE<br>KATI VON KNORRING<br><b>SPIN STUDIO</b>                                                                                                                                        | 5:30a-6:15a <b>L1</b><br>SPIN FUSION<br>KATI V. / KATE D.<br><b>SPIN STUDIO</b>   | 6:00a-6:50a <b>L1/2</b><br>TOTAL BODY COND.<br>KATE DUBORD<br><b>AS 1</b>                  | 5:30a-6:15a <b>L1</b><br>CYCLE<br>KATI VON KNORRING<br><b>SPIN STUDIO</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 6:00a-6:50a <b>L1/2</b><br>TOTAL BODY COND.<br>KATE DUBORD<br><b>AS 1</b>                                                                                                                                       | 7:00a-7:50a <b>L2</b><br>MIND BODY RESET-<br>STRENGTH & CONTROL<br>IZY BLACKWOOD <b>AS1</b> | 8:00a-9:00a <b>L2</b><br>GROUP POWER<br>MICHELLE AMORI<br><b>AS 2</b> |
| 6:30a-7:15a <b>L1</b><br>PIYO (Pilates/Yoga)<br>KRISTIN DEGROAT<br><b>1/2</b>                                                                                                                                    | 6:15a-7:15a <b>L2</b><br>BOOTCAMP<br>LAMONT ROLLINS<br><b>GYM</b>                 | 7:00a-7:30a <b>L1</b><br>STRETCH EXPRESS<br>KATE DUBORD<br><b>AS 1</b>                     | 6:15a-7:15a <b>L2</b><br>BOOTCAMP<br>LAMONT ROLLINS<br><b>GYM</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 7:00a-7:30a <b>L1</b><br>STRETCH EXPRESS<br>KATE DUBORD<br><b>AS 1</b>                                                                                                                                          | 8:00a-8:50a <b>L1</b><br>GENTLE YOGA<br>FRANCESCA CONWAY<br><b>M 1/2</b>                    | 9:00a-9:50a <b>L1</b><br>ZUMBA<br>JEN HUMPRHIES<br><b>AS 1</b>        |
| 7:00a-8:00a <b>L2</b><br>GROUP POWER<br>MICHELE AMORI<br><b>AS 2</b>                                                                                                                                             | 7:30a-8:30a <b>L1</b><br>PICKLBALL CLINICS – SEE<br>GYM SCHEDULE FOR<br>SPECIFICS | 8:00a-9:00a <b>L1-2</b><br>DANCE FUSION<br>MATT HOFFMAN<br><b>AS 1</b>                     | 6:30a-7:30a <b>L1</b><br>MEDITATION & YOGA<br>KRISTIN DEGROAT<br><b>AS 1</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 7:00a-8:00a <b>L2</b><br>GROUP POWER<br>MICHELLE AMORI<br><b>AS 2</b>                                                                                                                                           | 8:00a-8:50a <b>L2</b><br>FIT IN FIVE<br>WENDY ROSA<br><b>AS 2</b>                           | 10:00a-10:50a <b>L1-2</b><br>H.I.I.T.<br>JEN HUMPRHIES<br><b>AS 1</b> |
| 8:00a-9:00a <b>L1</b><br>AQUAFIT<br>CLAUDIA MACORA<br><b>ALUMNI POOL</b>                                                                                                                                         | 8:00a-9:00a <b>L1</b><br>AQUAFIT<br>CLAUDIA MACORA<br><b>ALUMNI POOL</b>          | 8:00a-9:00a <b>L1</b><br>AQUA ARTHRITIS<br>WENDY ROSA<br><b>ALUMNI POOL</b>                | 8:00a-9:00a <b>L1</b><br>AQUAFIT<br>CLAUDIA MACORA<br><b>ALUMNI POOL</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 8:00a-8:50a <b>L1</b><br>BARRE<br>FRANCESCA CONWAY<br><b>AS 1</b>                                                                                                                                               | 8:00a-8:50a <b>L1</b><br>DANCE FUSION<br>MATT HOFFMAN<br><b>AS 1</b>                        | 10:00a-11:30a <b>L1</b><br>YOGA<br>FRANCESCA CONWAY<br><b>M 1/2</b>   |
| 8:00a-8:45a <b>L2</b><br>WEIGHTS & MORE<br>WENDY ROSA<br><b>M 1/2</b>                                                                                                                                            | 8:00a-8:45a <b>L2</b><br>CORE & MORE<br>WENDY ROSA<br><b>M 1/2</b>                | 8:30a-9:30a <b>L2</b><br>CYCLE<br>LAMONT ROLLINS<br><b>SPIN STUDIO</b>                     | 8:00a-9:15a <b>L2</b><br>PILATES & STRETCH<br>WENDY ROSA<br><b>M 1/2</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 8:30a-9:30a <b>L2</b><br>CYCLE<br>LAMONT ROLLINS<br><b>SPIN STUDIO</b>                                                                                                                                          | 8:00a-8:50a <b>L1-2</b><br>CYCLE & STRENGTH<br>KATE DUBORD<br><b>SPIN STUDIO</b>            |                                                                       |
| 8:30a-9:30a <b>L2</b><br>CYCLE<br>LAMONT ROLLINS<br><b>SPIN STUDIO</b>                                                                                                                                           | 8:45a-9:30a <b>L2+</b><br>ULT. CARDIOKICK<br>BRANDON MUBUKE<br><b>GYM</b>         | 8:00a-8:50a <b>L1-2</b><br>HATHA YOGA<br>LINDA PARENTICE<br><b>M 1/2</b>                   | 8:30a-9:20a <b>L2</b><br>PILATES MIX BARRE<br>LINDA PARENTICE<br><b>AS 1</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 9:00a-9:50a <b>L1</b><br>YOGA<br>SUSAN JONES<br><b>AS 1</b>                                                                                                                                                     | 9:00a-9:50a <b>L1</b><br>ZUMBA<br>KELLZ ARTEAGA<br><b>AS 1</b>                              |                                                                       |
| 9:00a-9:50a <b>L2</b><br>BODY BAR BARRE<br>FRANCESCA CONWAY<br><b>AS 1</b>                                                                                                                                       | 8:50a-9:40a <b>L1</b><br>CHAIR YOGA<br>FRANCESCA CONWAY<br><b>AS 2</b>            | 9:00a-9:50 <b>L2</b><br>ZUMBA TONING<br>KELLZ ARTEAGA<br><b>AS1</b>                        | 9:00a-9:55a <b>L2+</b><br>STEP & SCULPT<br>RENEE JENNINGS<br><b>AS 2</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 9:00a-9:50a <b>L1-2</b><br>FULL BODY TRAINING<br>ABIGAIL RODRIGUEZ<br><b>BASE FITNESS</b>                                                                                                                       | 9:00a-9:50a <b>L1</b><br>STRETCH<br>WENDY ROSA<br><b>M 1/2</b>                              |                                                                       |
| 10:00a-10:50a <b>L1</b><br>ZUMBA<br>KELLZ ARTEAGA<br><b>AS 1</b>                                                                                                                                                 | 9:00a-9:50a <b>L1</b><br>YOGA<br>SUSAN JONES<br><b>M 1/2</b>                      | 9:15a-10:00a <b>L1</b><br>BUFF BONES PILATES<br>WENDY ROSA<br><b>M 1/2</b>                 | 9:30a-10:30a <b>L2</b><br>ZUMBA<br>KELLZ ARTEAGA<br><b>AS1</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 10:00a-10:55a <b>L2</b><br>CARDIO BOOTY BARRE<br>FRANCESCA CONWAY<br><b>AS 1</b>                                                                                                                                | 10:00a-10:50a <b>L2</b><br><b>ADVANCED</b> TRX<br>WENDY ROSA<br><b>AS 1</b>                 |                                                                       |
| 10:00a-10:55a <b>L1</b><br>BUFF BONES<br>STRENGTH & RHYTHM<br><b>WENDY ROSA M 1/2</b>                                                                                                                            | 9:00a-9:55a <b>L2</b><br>PILATES MAT<br>LINDA PARENTICE<br><b>AS 1</b>            | 10:10a-11:00a <b>L1</b><br>FIT 4 LIFE<br>FRANCESCA CONWAY<br><b>M 1/2</b>                  | 10:00a-11:00a <b>L1</b><br>FIT 4 LIFE<br>DANA CONELIAS<br><b>M 1/2</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 10:15a-11:15a <b>L1</b><br>HYDROFIT SHALLOW<br>LINDA PARENTICE<br><b>OLYMPIC POOL</b>                                                                                                                           | 10:05a-11:30a <b>L2</b><br>YOGA<br>KRISTIN DEGROAT<br><b>M 1/2</b>                          |                                                                       |
| 10:00a-10:50a <b>L1</b><br><b>PD</b> YOGA<br>FRANCESCA CONWAY<br><b>CENTENNIAL ROOM</b>                                                                                                                          | 9:45a-10:45a <b>L2</b><br>ZUMBA TONING<br>KELLZ ARTEAGA<br><b>AS 2</b>            | 10:10a-11:00a <b>L1-L2</b><br>ADULT BOX & BURN<br>BRIAN DOWD<br><b>BOXING LOFT</b>         | 11:00a-11:55a <b>L1</b> <b>PD</b><br><b>BASIC</b> BOXING<br>BRIAN DOWD<br><b>AS 1</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 11:00a-11:55a <b>L2</b><br>BODY CONDITIONING<br>FRANCESCA CONWAY<br><b>M 1/2</b>                                                                                                                                | 10:45a-11:30a <b>L1</b><br>TRX PILATES FLOW<br>WENDY ROSA<br><b>AS 1</b>                    |                                                                       |
| 11:00p-12:00p <b>L1/2</b><br>SOCIAL TANGO<br>DANIELA ROIG<br><b>M 3</b>                                                                                                                                          | 10:00a-11:00a <b>L1</b><br>FIT 4 LIFE<br>FRANCESCA CONWAY<br><b>M 1/2</b>         | 10:25a-11:10a <b>L2</b><br>BODY SCULPT<br>LINDA LOMBARDO<br><b>AS 2</b>                    | 4:00p-4:45p <b>L1</b><br>TEEN BOX & BURN<br>BRIAN DOWD<br><b>BOXING LOFT</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 11:30a-1:00p <b>L1 &amp; 2</b><br><b>PD</b> CARDIO BOXING &<br>MINDFUL MOVEMENT<br>BRANDON & LINDA<br><b>AS 1&amp;2 THIS CLASS IS</b><br><b>UNDERWRITTEN BY</b><br><b>PARKINSON'S BODY &amp;</b><br><b>MIND</b> | 11:30a-12:15p <b>L1</b><br>MATTER OF BALANCE<br>WENDY ROSA<br><b>AS 1</b>                   |                                                                       |
| 11:00a-12:30p <b>L1 &amp; 2</b><br><b>PD</b> CARDIO BOXING &<br>MINDFUL MOVEMENT<br>BRANDON & LINDA<br><b>AS 1&amp;2 THIS CLASS IS</b><br><b>UNDERWRITTEN BY</b><br><b>PARKINSON'S BODY &amp;</b><br><b>MIND</b> | 10:05a-10:55a <b>L1</b><br>BARRE<br>SUSAN JONES<br><b>AS 1</b>                    | 11:00a-12:00p <b>L1</b><br><b>PD</b> FUNCTIONAL<br>STRENGTH <b>AS1</b><br>FRANCESCA CONWAY | 4:45p-5:45p <b>L1-L2</b><br>BOX/BURN OPEN GYM<br>BRIAN DOWD<br><b>BOXING LOFT</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 12:05p-1:05p <b>L1</b><br>FIT 4 LIFE<br>ABIGAIL RODRIGUEZ<br><b>M 1/2</b>                                                                                                                                       | 11:30a-12:20p <b>L1</b><br>MOVING FOR LIFE<br>KRISTIN DEGROAT<br><b>M 1/2</b>               |                                                                       |
| 11:05a-12:00p <b>L1</b><br>FIT 4 LIFE<br>ABIGAIL RODRIGUEZ<br><b>M 1/2</b>                                                                                                                                       | 11:10a-12:00p <b>L2</b><br><b>PD</b> TRX + HITT<br>LINDA PARENTICE<br><b>AS1</b>  | 11:15a-12:00p <b>L2</b><br>ACTIVE & STRONG<br>LINDA LOMBARDO<br><b>AS 2</b>                | 6:00p-7:15p <b>L1</b><br>GENTLE YOGA<br>FRANCESCA CONWAY<br><b>M 3</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 12:30p-1:30p <b>L2</b><br>ACTIVE & STRONG<br>LINDA LOMBARDO<br><b>AS 2</b>                                                                                                                                      |                                                                                             | 10/8/2026                                                             |
| 11:05a-12:00p <b>L1</b><br>FIT 4 LIFE<br>ABIGAIL RODRIGUEZ<br><b>M 1/2</b>                                                                                                                                       | 11:15a-11:55p <b>L1</b><br>BRAIN FITNESS<br>WENDY ROSA<br><b>M 1/2</b>            | 11:30a-12:30p <b>L1</b><br>HYDROFIT DEEP<br>DANA CONELIAS<br><b>OLYMPIC POOL</b>           | <div><b>NOTES:</b> 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.</div> <div><ul style="list-style-type: none"><li>o <b>BLUE</b> = Classes in our pools</li><li>o <b>GREEN</b> = Classes in GYM</li><li>o <b>PEACH</b> = New Classes</li><li>o <b>YELLOW</b> = Parkinson's Body &amp; Mind classes.<br/><i>You must have PD in order to attend PD classes.</i></li><li>o <b>RED TYPE</b> = Indicates difficulty level &amp; room location.</li></ul></div> <div><div>L1 – Beginner/Gentle<br/>L1/2- Beginner to Intermediate<br/>L2 – Intermediate to Advanced<br/>L2+ – Advanced to Intense</div><div></div></div> |                                                                                                                                                                                                                 |                                                                                             |                                                                       |
| 11:30a-12:30p <b>L1</b><br>HYDROFIT DEEP<br>DANA CONELIAS<br><b>OLYMPIC POOL</b>                                                                                                                                 | 12:00p-12:45p <b>L1</b><br>BUFF BONES PILATES<br>WENDY ROSA<br><b>M 1/2</b>       | 6:00p-6:50p <b>L2</b><br>PILATES MIX BARRE<br>LINDA PARENTICE<br><b>AS1</b>                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                 |                                                                                             |                                                                       |
| 12:05p-1:00p <b>L2</b><br>ACTIVE & STRONG<br>LINDA LOMBARDO<br><b>M 1/2</b>                                                                                                                                      | 12:10p-1:00p <b>L1</b><br><b>PD</b> BASIC BOXING<br>BRIAN DOWD<br><b>AS 1</b>     | 6:00p-6:45p <b>L2</b><br>CARDIO JAM<br>BRANDON MUBUKE<br><b>AS 2</b>                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                 |                                                                                             |                                                                       |
| 6:00p-6:50p <b>L1</b><br>POWER YOGA<br>LINDA PARENTICE<br><b>AS 1</b>                                                                                                                                            | 4:30P-5:10P <b>L1-L2</b><br>TEEN BOX & BURN<br>BRIAN DOWD<br><b>BOXING LOFT</b>   | 6:50p-7:45p <b>L2</b><br>SPIN/BOXING COMBO<br>"GEARS & GLOVES"<br>BRANDON MUBUKE           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                 |                                                                                             |                                                                       |
| 6:30p-7:30p <b>L1</b><br>ZUMBA<br>AYA BARATTA<br><b>AS 2</b>                                                                                                                                                     | 5:15P-6:00P <b>L1-L2</b><br>BOX/BURN ADULT<br>BRIAN DOWD<br><b>BOXING LOFT</b>    | 7:00p-8:00p <b>L1</b><br>WOMEN ON WEIGHTS<br>LINDA PARENTICE<br><b>WELLNESS CENTER</b>     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                 |                                                                                             |                                                                       |
| 7:00p-8:00p <b>L1</b><br>WOMEN ON WEIGHTS<br>LINDA PARENTICE<br><b>WELLNESS CENTER</b>                                                                                                                           | 7:00p-8:00p <b>L1</b><br>YOGA<br>ANN MARIE<br><b>AS 2</b>                         |                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                 |                                                                                             |                                                                       |
|                                                                                                                                                                                                                  | 7:00p-7:50p <b>L1/2</b><br>ZUMBA<br>EVA MATYSZOWICZ<br><b>AS 2</b>                |                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                 |                                                                                             |                                                                       |