

SEPTEMBER GROUP EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a-6:15a CYCLE KATI VON KNORRING SPIN STUDIO	5:30a-6:15a SPIN FUSION KATI V. / KATE D. SPIN STUDIO	6:00a-6:50a TOTAL BODY COND. KATE DUBORD AS 1	5:30a-6:15a CYCLE KATI VON KNORRING SPIN STUDIO	6:00a-6:50a TOTAL BODY COND. KATE DUBORD AS 1	8:00a-8:50a GENTLE YOGA FRANCESCA CONWAY M 1/2	8:00a-9:00a GROUP POWER MICHELLE AMORI AS 2
6:30a-7:15a PIYO (Pilates/Yoga) KRISTIN DEGROAT AS 1	6:00a-7:00a VINYASA YOGA SAM SHUSTER AS 1	7:00a-7:30a STRETCH EXPRESS KATE DUBORD AS 1	6:15a-7:15a BOOTCAMP LAMONT ROLLINS GYM	7:00a-7:30a STRETCH EXPRESS KATE DUBORD AS 1	8:00a-8:50a FIT IN FIVE WENDY ROSA AS 2	9:00a-10:00a ZUMBA JEN HUMPRHIES AS 1
7:00a-7:30a BENEFICIAL STRETCH DEVIN MONAHAN TURF	6:15a-7:15a BOOTCAMP LAMONT ROLLINS GYM	7:45a-8:45a PILATES W/ RINGS NOREEN KEEGAN AS 2	6:30a-7:30a MEDITATION & YOGA KRISTIN DEGROAT AS 1	7:00a-8:00a GROUP POWER MICHELLE AMORI AS 2	8:00a-8:50a DANCE FUSION MATT HOFFMAN AS 1	10:00a-11:30a YOGA FRANCESCA CONWAY M 1/2
7:00a-8:00a GROUP POWER MICHELE AMORI AS 2	8:00a-9:00a AQUAFIT CLAUDIA MACORA ALUMNI POOL	8:00a-9:00a ADULT BOX & BURN BRIAN DOWD BOXING LOFT	8:00a-9:00a AQUAFIT CLAUDIA MACORA ALUMNI POOL	8:00a-8:50a BARRE FRANCESCA CONWAY AS 1	8:00a-8:50a SPIN & TONE KATE DUBORD SPIN STUDIO	
8:00a-9:00a AQUAFIT CLAUDIA MACORA ALUMNI POOL	8:00a-8:45a CORE & MORE WENDY ROSA AS 1	8:15a-9:15a DANCE FUSION MATT HOFFMAN AS 1	8:00a-9:15a PILATES & STRETCH WENDY ROSA AS 1	8:30a-9:30a CYCLE LAMONT ROLLINS SPIN STUDIO	9:00a-9:50a ZUMBA KELLZ ARTEAGA AS 1	
8:00a-8:45a WEIGHTS & MORE WENDY ROSA AS 1	8:45a-9:30a ULT. CARDIOKICK BRANDON MUBUUEKE GYM	8:30a-9:30a CYCLE LAMONT ROLLINS SPIN STUDIO	9:00a-9:55a STEP & SCULPT RENEE JENNINGS AS 2	9:00a-9:50a CARDIO DRUMMING LINDA PARENTICE M 1/2	9:00a-9:50a STRETCH WENDY ROSA M 1	
8:30a-9:30a CYCLE LAMONT ROLLINS SPIN STUDIO	8:50a-9:40a CHAIR YOGA LINDA PARENTICE AS 2	9:00a-9:50a TRADITIONAL YOGA LINDA PARENTICE AS 2	9:00a-9:50a CARDIO DRUMMING LINDA PARENTICE M 1/2	9:00a-9:50a YOGA SUSAN JONES AS 1	10:00a-10:50a TRX WENDY ROSA AS 1	
9:00a-9:50a CARDIO DRUMMING LINDA PARENTICE M 1/2	9:00a-9:55a YOGA SUSAN JONES M 1/2	9:30a-10:15a OSTEOPOROSIS WENDY ROSA AS 1	9:00a-10:00a FUNCTIONAL FLEX LEO ROTONDANO BASE FITNESS	10:00a-10:55a CARDIO BOOTY BARRE SUSAN POMERANCE AS 1	10:00a-11:30a YOGA KRISTIN DEGROAT M 1/2	
9:00a-9:50a BODY BAR BARRE FRANCESCA CONWAY AS 1	9:00a-9:55a PILATES MAT SUSAN POMERANCE AS 1	10:00a-10:50a BODY SCULPT LINDA LOMBARDO AS 2	9:30a-10:30a ZUMBA KELLZ ARTEAGA AS 1	11:00a-11:55a BODY CONDITIONING FRANCESCA CONWAY AS 2	11:00a-11:50a MATTER OF BALANCE WENDY ROSA AS 1	
10:00a-10:50a ZUMBA KELLZ ARTEAGA AS 1	9:45a-10:45a ZUMBA TONING KELLZ ARTEAGA AS 2	10:00a-11:00a FIT 4 LIFE FRANCESCA CONWAY M 1/2	10:00a-10:50a CHAIR YOGA LINDA PARENTICE AS 2	12:00p-1:00p FIT 4 LIFE DAVE GRAVES M 1/2	11:30a-12:20p NIA DANCE KRISTIN DEGROAT M 1/2	
10:00a-10:50a OSTEOPOROSIS WENDY ROSA M 1/2	10:00a-10:30a BENEFICIAL STRETCH DEVIN MONAHAN TURF	11:00a-11:50a ACTIVE & STRONG LINDA LOMBARDO AS 2	10:00a-11:00a FIT 4 LIFE DAVE GRAVES M 1/2	11:30a-12:30p HYDROFIT SHALLOW LINDA PARENTICE OLYMPIC POOL	12:30p-1:30p ACTIVE & STRONG LINDA LOMBARDO M 1/2	
10:00a-10:55a YOGA FRANCESCA CONWAY AS 2	10:00a-11:00a FIT 4 LIFE DAVE GRAVES M 1/2	11:00a-12:00p FUNCTIONAL STRENGTH DAVE GRAVES AS 1	11:00a-11:55a INTRO TO BOXING BRIAN DOWD AS 1	12:00p-1:00p BOXING BRANDON MUBUUEKE AS 1		
11:00a-11:55a BOXING BRANDON MUBUUEKE AS 1	10:05a-11:00a BARRE SUSAN POMERANCE AS 1	11:30a-12:00p BEGINNING TAI CHI WENDY MOORE M2	4:00p-5:00p TEEN BOX & BURN BRIAN DOWD BOXING LOFT			
11:00a-12:00p FIT 4 LIFE DAVE GRAVES M 1/2	11:00a-12:00p TAI CHI KEN DOLAN AS 2	12:00p-1:00p TAI CHI WENDY MOORE M2	5:00p-6:00p BOX & BURN OPEN GYM - BOXING LOFT BRIAN DOWD			
11:30a-12:30p HYDROFIT DEEP LINDA PARENTICE OLYMPIC POOL	12:00p-1:00p INTRO TO BOXING BRIAN DOWD AS 1	11:30a-12:30p HYDROFIT DEEP LINDA PARENTICE OLYMPIC POOL	6:30p-7:45p GENTLE YOGA FRANCESCA CONWAY M 1/2			
12:05p-1:00p ACTIVE & STRONG LINDA LOMBARDO AS 2	4:00p-5:00p TEEN BOX & BURN BRIAN DOWD BOXING LOFT	6:00p-6:45p CARDIO JAM BRANDON MUBUUEKE AS 1				
6:00p-6:45p CYCLE SHAWNA O'BRIEN SPIN STUDIO	5:00p-6:00p BOX/BURN OPEN GYM BRIAN DOWD BOXING LOFT	6:00p-6:45p CYCLE SHAWNA O'BRIEN SPIN STUDIO				
6:00p-6:55p ZUMBA TONING JEN HUMPHRIES AS 2	5:30p-6:20p SPIN & TONE KATE DUBORD SPIN STUDIO	6:50p-7:35p BOXING WORKOUT BRANDON MUBUUEKE BOXING LOFT				
6:00p-6:50p POWER YOGA LINDA PARENTICE AS 1	6:00p-7:00p FUNCTIONAL FLEX ANNA MARRIAN BASE FITNESS	7:00p-8:00p AS 1 SOCIAL TANGO MEMBERS & GUESTS FREE IN SEPT.				
7:00p-8:00p WOMEN ON WEIGHTS LINDA PARENTICE WELLNESS CENTER	6:15p-7:15p H.I.I.T. JEN HUMPHRIES AS 2	7:00p-8:00p WOMEN ON WEIGHTS LINDA PARENTICE WELLNESS CENTER				
7:00p-7:45p TOTAL BODY COND. JEN HUMPHRIES AS 1	6:30p-7:30p NIA DANCE KRISTIN DEGROAT AS 1	7:30p-8:00p BENEFICIAL STRETCH DEVIN MONAHAN TURF				

SCHEDULE NOTES:
 Schedule is subject to change. Please refer to the Greenwich YMCA app for the most up-to-date information on classes which includes class descriptions.

- o **BLUE** = Classes in our pools
- o **RED** = New class alert
- o **YELLOW** = Parkinson's Body & Mind classes
- o **PURPLE** = Non-members welcome for a fee

Level 1 – Beginner/Gentle
Level 2 – Intermediate/ Moderate
Level 3 – Advanced/ Intense