


SEPTEMBER

GROUP EX 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	8:00a-8:50a L1 GENTLE YOGA FRANCESCA CONWAY M 1/2	8:00a-9:00a L2 GROUP POWER MICHELLE AMORI AS 2
6:30a-7:15a L1 PIYO (Pilates/Yoga) KRISTIN DEGROAT AS 1	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 L2 FIT IN FIVE WENDY ROSA AS 2	9:00a-9:50 L1 ZUMBA JEN HUMPRHIES AS 1
7:00a-8:00a L2 GROUP POWER MICHELE AMORI AS 2	7:30a-8:30a L1 PICKLEBALL CLINICS - SEE GYM SCHEDULE FOR SPECIFICS	8:00a-9:00a L1-L2 ADULT BOX & BURN BRIAN DOWD BOXING LOFT	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 L1 DANCE FUSION MATT HOFFMAN AS 1	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 L1-2 DANCE FUSION MATT HOFFMAN AS 1	8:00a-9:00a L1 AQUAFIT CLAUDIA MACORA ALUMNI POOL	8:00a-8:50a L1 BARRE FRANCESCA CONWAY AS 1	8:00a-8:50a L1-2 CYCLE & STRENGTH KATE DUBORD SPIN STUDIO	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-8:45a L2 CORE & MORE WENDY ROSA M 1/2	8:00a-9:00a L1 AQUA ARTHRITIS WENDY ROSA ALUMNI POOL	8:00a-9:15a L1 PILATES & STRETCH WENDY ROSA M 1/2	8:30a-9:30a L2 CYCLE LAMONT ROLLINS SPIN STUDIO	9:00a-9:50a L1-2 POWER CYCLE KATE DUBORD SPIN STUDIO	
8:30a-9:30a L2 CYCLE LAMONT ROLLINS SPIN STUDIO	8:45a-9:30a L2+ ULT. CARDIOKICK BRANDON MUBUKE GYM	8:30a-9:30a L2 CYCLE LAMONT ROLLINS SPIN STUDIO	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	8:50a-9:40a L1 CHAIR YOGA FRANCESCA CONWAY AS 2	9:00a-9:50a L1 TRADITIONAL YOGA LINDA PARENTICE AS 2	9:00a-9:55a L2+ STEP & SCULPT RENEE JENNINGS AS 2	9:00a-9:50a L1-2 WARRIOR TRAINING JODI DECENZA M 1/2	9:00a-9:50a L1 STRETCH WENDY ROSA M 1/2	
10:00a-10:50a L1 ZUMBA KELLZ ARTEAGA AS 1	9:00a-9:50a L1 YOGA SUSAN JONES M 1/2	9:00a-9:45 L2 ZUMBA TONING KELLZ ARTEAGA 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-10:50a L2 TRX CIRCUIT BLAST WENDY ROSA AS 1	
10:00a-10:50a L1 OSTEOPOROSIS WENDY ROSA M 1/2	9:00a-9:55a L2 PILATES MAT LINDA PARENTICE AS 1	9:30a-10:15a L1 BUFF BONES PILATES WENDY ROSA AS 1	10:00a-11:00a L1 FIT 4 LIFE DAVE GRAVES M 1/2	11:00a-11:55a L2 BODY CONDITIONING FRANCESCA CONWAY AS 2	10:10a-11:30a L1 YOGA KRISTIN DEGROAT M 1/2	
10:00a-10:50a L1 PD YOGA FRANCESCA CONWAY CENTENNIAL ROOM	9:45a-10:45a L2 ZUMBA TONING KELLZ ARTEAGA AS 2	10:25a-11:10a L2 BODY SCULPT LINDA LOMBARDO AS 2	11:00a-11:55a L1 PD BASIC BOXING BRIAN DOWD AS 1	11:30a-12:30p L1 HYDROFIT SHALLOW LINDA PARENTICE OLYMPIC POOL	11:00a-11:50a L1 MATTER OF BALANCE WENDY ROSA AS 1	
11:00p-12:00p L1/2 SOCIAL TANGO DANIELA ROIG NON-MEMBERS FREE AS2	10:00a-11:00a L1 FIT 4 LIFE DAVE GRAVES M 1/2	10:00a-11:00a L1 FIT 4 LIFE FRANCESCA CONWAY M 1/2	1:00p-3:00p BRIDGE REGISTRATION REQUIRED M3	11:30p-12:30p L1 PD CARDIO BOXING BRANDON MUBUKE AS 1	11:30a-12:20p L1 MOVING FOR LIFE KRISTIN DEGROAT M 1/2	
11:00a-11:55a L1 PD CARDIO BOXING BRANDON MUBUKE AS 1	10:05a-10:55a L1 BARRE SUSAN JONES AS 1	11:15a-12:00p L2 ACTIVE & STRONG LINDA LOMBARDO AS 2	4:00p-5:00p L1 TEEN BOX & BURN BRIAN DOWD BOXING LOFT	12:00p-1:00p L1 FIT 4 LIFE DAVE GRAVES M 1/2	12:30p-1:30p L2 ACTIVE & STRONG LINDA LOMBARDO M 1/2	
11:00a-12:00p L1 FIT 4 LIFE DAVE GRAVES M 1/2	11:10a-12:00p L1 PD TAI CHI KEN DOLAN AS1	11:00a-12:00p L1 PD FUNCTIONAL STRENGTH DAVE GRAVES AS 1	5:00P-6:00P L1-L2 BOX/BURN OPEN GYM BRIAN DOWD BOXING LOFT	<div></div> <div>9/5/2025</div> <div>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. If a room number is in red, it means the class is in a new space. <ul style="list-style-type: none">o BLUE = Classes in our poolso GREEN = Classes in GYMo YELLOW = Parkinson's Body & Mind classes.o PURPLE = Non-members welcome for a fee (FREE in September!)o RED = New classes this month OR class / room change.o PINK = Social Games L1 – Beginner/Gentle L1/2- Beginner to Intermediate L2 – Intermediate to Advanced L2+ – Advanced to Intense</div>		
12:05p-1:00p L2 ACTIVE & STRONG LINDA LOMBARDO AS 1	12:00p-12:45p L1 BUFF BONES PILATES WENDY ROSA M 1/2	1:30p-3:30p MAH JONGG REGISTRATION REQUIRED M3				
6:00p-6:50p L1 POWER YOGA LINDA PARENTICE AS 2	12:10p-1:00p L1 PD BASIC BOXING BRIAN DOWD AS 1	6:00p-6:50p L2 PILATES MIX BARRE LINDA PARENTICE AS1				
6:30p-7:30p L1 ZUMBA TONING JEN HUMPHRIES AS 1	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	6:00p-6:45p L2 CARDIO JAM BRANDON MUBUKE AS 1				
	6:30p-7:30p L1/2 ZUMBA EVA MATYSZKOWICZ AS1	6:50p-7:45p L2 SPIN & BOXING COMBO "GEARS & GLOVES" BRANDON MUBUKE START IN SPIN STUDIO				
	7:00p-8:00p L1 YOGA JODI DECENZA M1/2	7:00p-8:00p L1/2 SOCIAL TANGO DANIELA ROIG NON-MEMBERS FREE AS 1				

9/5/2025