

JUNE 29–AUGUST 21						
SUMMER 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–7:45a L2 MIND BODY RESET IZY BLACKWOOD AS1	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 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-L2 ADULT BOX & BURN BRIAN DOWD BOXING LOFT	6:30a–7:30a L1 MEDITATION & YOGA KRISTIN DEGROAT AS 1	6:50a–7:50a 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 L1-2 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 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–8:45a L2 CORE & MORE WENDY ROSA M 1/2	8:00a–9:00a L1 AQUA ARTHRITIS WENDY ROSA ALUMNI POOL	8:00a–8:45a 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–8:50a L2 PILATES MAT LINDA PARENTICE AS 1	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	8:45a–9:30a L2+ ULT. CARDIOKICK BRANDON MUBUKE GYM	8:00a–8:50a L1 HATHA FLOW YOGA LINDA PARENTICE M 1/2	9:00a–9:55a L2+ STEP & SCULPT RENEE JENNINGS AS 2	9:00a–9:50a L1-2 HIIT TOTAL BODY ABIGAIL RODRIGUEZ GYM	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	9:00a–9:50 L2 ZUMBA TONING KELLZ ARTEAGA AS 2	9:30a–10:30a L2 ZUMBA KELLZ ARTEAGA AS1	10:00a–10:50a L1 FIT 4 LIFE ABIGAIL RODRIGUEZ GYM	10:00a–10:50a L2 ADVANCED TRX WENDY ROSA AS 1	
10:00a–10:50a L1 BUFF BONES WENDY ROSA GYM	9:00a–9:50a L1 YOGA SUSAN JONES AS 1	9:30a–10:15a L1 BUFF BONES PILATES WENDY ROSA AS 1	10:00a–11:00a L1 FIT 4 LIFE DANA CONELIAS GYM	10:00a–10:55a L2 CARDIO BOOTY BARRE FRANCESCA CONWAY AS 1	10:10a–11:30a L2 YOGA KRISTIN DEGROAT M 1/2	
11:00a–12:30p L1 PD CARDIO BOXING & MINDFUL MOVEMENT BRANDON & LINDA AS 1&2 THIS CLASS IS UNDERWRITTEN BY PARKINSON'S BODY & MIND	9:50a–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	10:15a–11:15a L1 HYDROFIT SHALLOW LINDA PARENTICE OLYMPIC POOL	11:00a–11:50a L1 MATTER OF BALANCE WENDY ROSA AS 1	
	10:00a–11:00a L1 FIT 4 LIFE FRANCESCA CONWAY GYM	10:00a–11:00a L1 FIT 4 LIFE FRANCESCA CONWAY GYM	11:10a–1:30p AS2 IN USE	11:00a–11:55a L2 BODY CONDITIONING FRANCESCA CONWAY GYM	11:30a–12:20p L1 MOVING FOR LIFE KRISTIN DEGROAT M 1/2	
11:00a–11:55p L1 FIT 4 LIFE ABIGAIL RODRIGUEZ GYM	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	11:30a–1:00p L1 PD CARDIO BOXING & MINDFUL MOVEMENT BRANDON & LINDA AS 1&2 THIS CLASS IS UNDERWRITTEN BY PARKINSON'S BODY & MIND	12:30p–1:30p L2 ACTIVE & STRONG LINDA LOMBARDO AS 2	
11:30a–12:30p L1 HYDROFIT DEEP DANA CONELIAS OLYMPIC DIVE WELL	11:10a–12:00p L1 PD TAI CHI KEN DOLAN AS1	11:00a–12:00p L1 PD FUNCTIONAL STRENGTH AS1 FRANCESCA CONWAY	5:00P–6:00P L1-L2 BOX/BURN OPEN GYM BRIAN DOWD BOXING LOFT			
12:05p–1:00p L2 ACTIVE & STRONG LINDA LOMBARDO M 3	11:10a–1:30p AS2 IN USE	11:30a–12:30p L1 HYDROFIT DEEP DANA CONELIAS OLYMPIC DIVE WELL	6:00p–7:15p L1 GENTLE YOGA FRANCESCA CONWAY AS 1			
6:00p–6:50p L1 POWER YOGA LINDA PARENTICE AS 1	11:15a–11:55p L1 BRAIN FITNESS WENDY ROSA GYM	12:10p–1:00p L1 PD YOGA FRANCESCA CONWAY AS1	NOTES: Class registration is required. Please be sure to cancel if you cannot attend a class that you registered for. 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. - o BLUE = Classes in our pools - o GREEN = Classes in GYM - o YELLOW = Parkinson’s Body & Mind classes. <i>You must have PD in order to attend PD classes.</i> - o PURPLE = Non-members welcome for a fee - o PINK = Social Games (fee for members and non-members) L1 – Beginner/Gentle L1/2- Beginner to Intermediate L2 – Intermediate to Advanced L2+ – Advanced to Intense 			
6:30p–7:30p L1 ZUMBA AYA BARATTA AS 2	12:00p–12:45p L1 BUFF BONES PILATES WENDY ROSA GYM	5:00p–5:50p L2 MIND BODY RESET- STRENGTH & CONTROL IZY BLACKWOOD AS 2				
7:00p–8:00p L1 WOMEN ON WEIGHTS LINDA PARENTICE WELLNESS CENTER	12:10p–1:00p L1 PD BASIC BOXING BRIAN DOWD AS 1	6:00p–6:50p L2 PILATES MIX BARRE LINDA PARENTICE AS 1				
	4:30P–5:10P L1-L2 TEEN BOX & BURN BRIAN DOWD BOXING LOFT	6:00p–6:45p L2 CARDIO JAM BRANDON MUBUKE AS 2				
	5:15P–6:00P L1-L2 BOX/BURN ADULT BRIAN DOWD BOXING LOFT	6:50p–7:45p L2 SPIN/BOXING COMBO "GEARS & GLOVES" BRANDON MUBUKE				
	6:00p–6:50p L1 YOGA SAM SCHUSTER AS 2	7:00p–8:00p L1 WOMEN ON WEIGHTS LINDA PARENTICE WELLNESS CENTER				
	7:00p–7:50p L1/2 ZUMBA EVA MATYSZOWICZ AS 2					