



# GROUP WELLNESS SCHEDULE SUMMER 2019

For class description, visit [greenwichymca.org](http://greenwichymca.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>♣ Spin/SS 5:15am-6:15am Kati</p> <p>Y Core Intensity/AS1 6:30am-7:30am Wendy</p> <p>Y Group Power/AS2 7:30am-8:30am Dana</p> <p>♣ Cardio Boxing/BL 8:30am-9:15am Greg</p> <p>♣ Spin/SS 8:30am-9:30am LaMont</p> <p>♣ Hydro FIT/OP 9:30am-10:30am Dana</p> <p>● Pilates/AS1 9:30am-10:30am Ivy</p> <p>♣ Rock It Out AS2 9:30-10:30 Kimberly James</p> <p>☺ Fit 4 Life/AS1 10:30am-11:30am Francesca</p> <p>♣ Cardio Sculpt/AS2 10:40am-11:40am Ivy</p> <p>● Barre/AS1 5:45pm-6:30pm Wendy R.</p> <p>♣ Rhythm Ride/SS 6pm- 6:50pm Lukie</p> <p>Y Group Power/AS2 6pm-7pm Dana</p> <p>♣ Kundalini Yoga &amp; Med./YS 6:30pm-7:45pm Kat</p> <p>♣ HIIT/AS1 6:30pm-7:30pm Wendy R.</p>	<p>Y Boot Camp/Gym 6:15am-7:15am LaMont</p> <p>♣ Spin Express/SS 7:15am-8am Verity</p> <p>● Barre/AS1 8am-9am Ivy</p> <p>♣ Turbo Sweat/Gym 8:15am-9:15am Brandon</p> <p>♣ Gentle Yoga/YS 9:15am-10:30am Susan Jones</p> <p>♣ Zumba/AS1 9:30am-10:30am Kellz</p> <p>♣ Fit Mom's/Dad's Boot Camp Gym/BL 9:30am-10:30am Greg</p> <p>● Pilates/AS1 10:45am-11:45am Wendy R.</p> <p>♣ Full Body Stretch Express/YS 12pm-12:45pm Wendy R.</p> <p>♣ Rhythm Ride/SS 12pm- 12:50pm Greg</p> <p>♣ Low Impact/AS2 5:45pm-6:45pm Pam Ferrel</p> <p>♣ Cardio Jam/AS1 6pm-7pm Brandon</p> <p>♣ Cardio Boxing/BL 7:00pm-7:45pm Brandon</p>	<p>Y TRX Class/AS1 6:30am-7:30am Wendy R.</p> <p>Y Group Power/AS2 7:30am-8:30am Dana</p> <p>♣ Cardio Boxing/BL 8:30am-9:15am Greg</p> <p>● Pilates Barre/AS1 8:30am-9:30am Francesca</p> <p>♣ Zumba Burst/AS2 9:30am-10:15am Kellz</p> <p>♣ Rhythm Ride/SS 9:30am-10:20am Lukie</p> <p>♣ Hydro FIT/OP 9:30am-10:30am Dana</p> <p>♣ Tai Chi/AS2 11:45am-1pm Wendy M.</p> <p>♣ Hydro FIT/AP 12pm-1pm Dana</p> <p>♣ Hip Hop/AS1 6pm-7pm Brandon</p> <p>♣ Kundalini Yoga &amp; Meditation/YS 6:30pm-7:45pm Kat</p> <p>Y Total Body Conditioning/AS2 6:30pm-7:30pm Wendy R.</p>	<p>♣ Spin/SS 5:15am-6:15am Kati</p> <p>Y Boot Camp/Gym 6:15am-7:15am LaMont</p> <p>♣ Hydro HIIT/OP 6:30am-7:30am Wendy R.</p> <p>♣ Turbo Sweat/Gym 8:15am-9:15am Brandon</p> <p>Y Boot Camp/Gym 9:30am-10:30am Greg</p> <p>● Barre/AS1 9:30am-10:30am Wendy R.</p> <p>☺ Fit 4 Life/AS1 10:30am-11:30am Dana</p> <p>● Pilates/AS1 12pm-1pm Ivy</p> <p>Y Group Power/AS2 6pm-7pm Michelle</p> <p>♣ Open Yoga/YS 6:30pm-7:45pm Francesca</p> <p>Y 20 Spin/20 Strength/20 Core 6:30pm-7:30pm Wendy R.</p> <p>♣ Zumba/AS1 7:30pm-8:30pm Kellz</p>	<p>Y Group Power/AS2 *RSVP for Spot 7:30am-8:30am Michelle</p> <p>♣ Cardio Boxing/BL 8:15am-9:00am Brandon</p> <p>♣ Spin/SS 8:30am-9:30am LaMont</p> <p>● Pilates Barre/AS1 8:45am-9:45am Francesca</p> <p>♣ Zumba Burst/AS2 9:00am-9:45am Kellz</p> <p>Y Full Body Blast/AS1 9:45am-10:45am Brad</p> <p>♣ Hydro FIT/OP 9:30am-10:30am Dana</p> <p>♣ Boxing/BL 9:30am-10:20am Greg</p> <p>♣ Open Yoga/YS 9:45am-11am Susan Jones</p> <p>☺ Fit 4 Life/AS1 11am-12pm Wendy R.</p> <p>● Barre/AS1 12pm-1pm Mary Jane</p> <p>♣ Turbo Sweat/AS1 6pm-7pm Brandon</p>	<p>Y Boot Camp/Gym 7am-8am LaMont</p> <p>♣ Spin/SS 7:15am-8:15am Sue</p> <p>♣ Step &amp; Sculpt/AS2 8:00am-9:30am Pam</p> <p>♣ Spin/SS *RSVP for Bike 8:30am-9:30am LaMont</p> <p>● Barre/AS1 8:30am-9:30am Wendy R.</p> <p>♣ Gentle Yoga/AS1 9am-10:15am Francesca</p> <p>♣ Zumba/AS1 9:30am-10:30am Wendy R.</p> <p>Y TRX/AS1 10:30am-11:30am Wendy R.</p>	<p>Y Group Power/AS2 *RSVP for Spot 8:30am-9:30am Michelle</p> <p>♣ Spin/SS *RSVP for Bike 8:30am-9:30am Brandon</p> <p>● Barre/AS1 8:30am-9:30am Mary Jane</p> <p>Y Core Express/AS1 9:45am-10:30am Wendy R.</p> <p>♣ Hatha Yoga/AS1 10:45am-12:00pm Francesca</p>

Key: Y = Strength/Weight Classes   ♣ = Spin Classes   ♣ = Boxing Classes   ♣ = Yoga/Meditation/Stretch Classes   ☺ = Senior Classes   ● = Pilates/Barre Classes   ♣ = Dance Classes   ♣ = Aquatic Classes   ♣ = Cardio Based Fitness Class   \$ = Paid Class