



# GROUP WELLNESS SCHEDULE WINTER 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>🏊 Core Intensity/AS1 6:30am-7:30am Wendy</p> <p>🏊 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>🧘 Kundalini Yoga &amp; Med./YS 6:30pm-7:45pm Kat</p> <p>🏊 Group Power/AS2 6pm-7pm Dana</p> <p>🏊 HIIT/AS1 6:30pm-7:30pm Wendy R.</p>	<p>💰 Tri Team Cycling/SS 6:00am-7:15am Spencer/Cassie</p> <p>🏊 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>🏊 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>🏊 TRX Class/AS1 6:30am-7:30am Wendy R.</p> <p>🏊 Group Power/AS2 7:30am-8:30am Kelly</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 9:00am-9:45am Kellz</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>💰 Boxing Club/BL 5pm-5:50pm Coach Greg</p> <p>💰 Boxing Club/BL 6pm-6:50pm Coach Carlos</p> <p>💰 Boxing Club/BL 7pm-7:50pm Coach Greg</p> <p>🎧 Hip Hop/AS1 6pm-7pm Brandon</p> <p>🧘 Kundalini Yoga &amp; Meditation/YS 6:30pm-7:45pm Kat</p> <p>🏊 Total Body Conditioning/AS2 6:30pm-7:30pm Wendy R.</p>	<p>🔥 Spin/SS 5:15am-6:15am Kati</p> <p>🏊 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>🔥 Rhythm Ride/SS 9:30am-10:20am Lucci</p> <p>🏊 Boot Camp/Gym 9:30am-10:30am Kelly G.</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>🏊 Group Power/AS2 6pm-7pm Dana</p> <p>🧘 Open Yoga/YS 6:30pm-7:45pm Francesca</p> <p>🏊 20 Spin/ 20 Strength/ 20 Core 6:30pm-7:30pm Wendy R.</p>	<p>💰 Tri Team Running/WC 6:00am-7:15am Spencer/Cassie</p> <p>🏊 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>🏊 Full Body Blast/AS1 9:45am-10:45am Brad</p> <p>🌊 Hydro FIT/OP 9:30am-10:30am Dana</p> <p>🏊 Fit Mom's/Dad's Boot Camp /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>🏊 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/YS 9am-10:15am Francesca</p> <p>🧘 Zumba/AS1 9:30am-10:30am Wendy R.</p> <p>🏊 TRX/AS1 10:30am-11:30am Wendy R.</p>	<p>🏊 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>🏊 Core Express/AS1 9:45am-10:30am Wendy R.</p> <p>🧘 Hatha Yoga/AS1 10:45am-12:00pm Francesca</p>

Key: 🏊 = 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