



GROUP WELLNESS SCHEDULE WINTER 2019

For class description, visit 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>🏊 Pilates/AS1 9:30am-10:30am Ivy</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 5:345pm-6:30pm Wendy R.</p> <p>🧘 Kundalini Yoga & 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-7:10am 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>🏊 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>🧘 Vinyasa Yoga/YS 8:30am-9:30am Harvey</p> <p>🏊 Zumba Burst/Gym 9:00am-9:45am Kellz</p> <p>🌊 Hydro FIT/OP 9:30am-10:30am Dana</p> <p>🏊 Full Body Blast/AS1 9:30am-10:30am Brad</p> <p>🏊 Rock It Out AS2 9:30- 10:30 Kimberly James</p> <p>🧘 Tai Chi/AS2 11:45am-1pm Wendy M.</p> <p>🌊 Hydro FIT/OP 12pm-1pm Dana</p> <p>🌊 Aqua Fit Prenatal/OP 12:15pm-1pm Wendy R.</p> <p>🏊 Hip Hop/AS1 6pm-7pm Brandon</p> <p>🧘 Kundalini Yoga & 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>🏊 TRX Class/AS1 7:15am-8:15am Maria</p> <p>🏊 Turbo Sweat/Gym 8:15am-9:15am Brandon</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>🏊 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/Gym 9:00am-9:45am Kellz</p> <p>🌊 Hydro FIT/AP 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 & 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 Wendy C.</p> <p>🏊 Barre/AS1 8:30am-9:30am Mary Jane</p> <p>🏊 Core Express/AS1 9:45am-10:30am Wendy R.</p> <p>🔥 Spin Express/SS 9:45am-10:30am Pam</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 Classes