



GROUP WELLNESS SCHEDULE

YMCA OF GREENWICH – NOVEMBER 2019

LEGEND
 LOWER BASEMENT
 ALUM – ALUMNI POOL

1ST FLOOR
 GYM – GYMNASIUM
 WC – WELLNESS CENTER
 OLY – OLYMPIC POOL

2ND FLOOR
 SS – SPIN STUDIO
 AS1 – AEROBIC STUDIO 1
 AS2 – AEROBIC STUDIO 2
 M1 – MEETING ROOM 1
 M2 – MEETING ROOM 2
 BL – BOXING LOFT

3RD FLOOR
 YS – YOGA STUDIO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM / PM	AM / PM
5:15 – 6:15 AM SPIN Kati – SS	5:30–6:20 PM SPIN Wendy R. – AS1 * STARTING NOV. 11 *	6:15–7:15 AM BOOT CAMP LaMont – GYM	12-12:45 PM FULL BODY STRETCH EXPRESS Wendy R. – YS	* NEW CLASS! 5:30 – 6:30 AM SPIN Claudia – SS	12–1:00 PM HYDROFIT Dana – ALUM	5:15–6:15 AM SPIN Kati – SS	12–1:00 PM PILATES Ivy – AS1	7:30–8:30 AM GROUP POWER Michelle – AS2 RSVP FOR SPOT	12–1:00 PM HYDROFIT Dana – ALUM	7–8:00 AM BOOT CAMP LaMont – GYM	8:30–9:30 AM SPIN Brandon – SS * RSVP FOR SPOT *
* NEW CLASS! 6:30 – 7:30 AM 20 SPIN 20 STRENGTH 20 CORE Wendy R. – SS/AS1	5:45–6:30 PM BARRE Wendy R. – AS1	7:15–8:00 AM SPIN EXPRESS Verity – SS	5:45–6:45 PM LOW IMPACT Pam F. – AS2	6:30–7:30 AM TRX Wendy R. – AS1	6–7:00 PM HIP HOP Brandon – AS1	6:15–7:15 AM BOOT CAMP LaMont – GYM	4:30–5:30 PM ADAPTIVE YOGA Celeste – YS * REGISTRATION REQUIRED	8:15–9:00 AM CARDIO BOXING Brandon – BL	12–1:00 PM BARRE Mary Jane – AS1	7:15–8:15 AM SPIN Sue – SS	8:30–9:30 AM GROUP POWER Michelle – AS2 * RSVP FOR SPOT *
7:30–8:30 AM GROUP POWER Dana – AS2	6–7:00 PM GROUP POWER Dana – AS2	8–8:55 AM AQUAFIT COMBO Lynne – ALUM	6–7:00 PM CARDIO JAM Brandon – AS1	7:30–8:30 AM GROUP POWER Dana – AS2	6:30–7:30 PM TOTAL BODY CONDITIONING Wendy R. – AS2	6:30–7:30 AM HITT AQUA BOOT CAMP Wendy – OLY	6–7:00 PM GROUP POWER Michelle – AS2	8:30–9:30 AM SPIN LaMont – SS	6–7:00 PM TURBO SWEAT Brandon – AS1	8–9:00 AM STEP & SCULPT Pam F. – AS2	8:30–9:30 AM BARRE Mary Jane – AS1
8:30–9:30 AM SPIN LaMont – SS	6:30–7:30 PM H.I.I.T Wendy R. – AS1	8–9:00 AM BARRE Ivy – AS1	7–7:45 PM CARDIO BOXING Brandon – BL	8–8:55 AM AQUAFIT COMBO Lynne – ALUM	6:30–7:45 PM KUNDALINI YOGA & MEDITATION Kat – YS	* NEW CLASS! 7:15–8:00 AM SPIN EXPRESS Verity – SS	6:30 – 7:30 PM 20 SPIN 20 STRENGTH 20 CORE Wendy R. – SS/AS1	8:30–9:30 AM PILATES BARRE Francesca – AS1	8:30–9:30 AM SPIN LaMont – SS * RSVP FOR SPOT *	8:30–9:30 AM SPIN LaMont – SS * RSVP FOR SPOT *	9:45–10:30 AM CORE EXPRESS Wendy R. – AS1
8:30–9:15 AM CARDIO BOXING Greg – BL	6:30–7:45 PM KUNDALINI YOGA & MEDITATION Kat – YS	8:15–9:15 AM TURBO SWEAT Brandon – GYM	8:30–9:30 AM PILATES BARRE Francesca – AS1	8:30–9:30 AM PILATES BARRE Francesca – AS1	8–8:55 AM AQUAFIT COMBO Lynne – ALUM	8–8:55 AM AQUAFIT COMBO Lynne – ALUM	6:30–7:45 PM OPEN YOGA Francesca – YS	9–9:45 AM ZUMBA BURST Kellz – AS2	8:30–9:30 AM BARRE Wendy R. – AS1	8:30–9:30 AM BARRE Wendy R. – AS1	10:45AM–12 PM HATHA YOGA Francesca – YS
9:30–10:30 AM PILATES Ivy – AS1	9:15–10:30 AM GENTLE YOGA Susan Jones – YS	9:15–10:30 AM GENTLE YOGA Susan Jones – YS	8:30–9:15 AM CARDIO BOXING Greg – BL	8:30–9:15 AM CARDIO BOXING Greg – BL	8:15–9:15 AM TURBO SWEAT Brandon – GYM	8:15–9:15 AM TURBO SWEAT Brandon – GYM	9:30–10:30 AM OPEN YOGA Francesca – YS	9:30–10:20 AM BOXING Greg – BL	9–10:15 AM GENTLE YOGA Francesca – YS	9–10:15 AM GENTLE YOGA Francesca – YS	Parkinson's B&M 12:30–1:30 PM YOGA & MEDITATION Francesca – AS2
9:30–10:30 AM HYDROFIT Dana – OLY	9:30–10:30 AM BOOT CAMP Brian – WC	9:30–10:30 AM BOOT CAMP Brian – WC	* NEW CLASS! 8:30–9:30 AM ROCK IT OUT Kimberly – AS2	* NEW CLASS! 8:30–9:30 AM ROCK IT OUT Kimberly – AS2	9:30–10:30 AM BOOT CAMP Brian – WC	9:30–10:30 AM BOOT CAMP Brian – WC	9:30–10:30 AM OPEN YOGA Francesca – YS	9:30–10:30 AM HYDROFIT Dana – OLY	9:30–10:30 AM ZUMBA Wendy R. – AS1	9:30–10:30 AM ZUMBA Wendy R. – AS1	10:45AM–12 PM HATHA YOGA Francesca – YS
Parkinson's B&M 10:30–11:30 AM BOXING Greg – BL	9:30–10:30 AM ZUMBA Kellz – AS1	9:30–10:30 AM ZUMBA Kellz – AS1	9:30–10:15 AM ZUMBA BURST Kellz – AS2	9:30–10:15 AM ZUMBA BURST Kellz – AS2	10:40–11:40 AM CARDIO SCULPT Ivy – AS2	9:30–10:30 AM BARRE Wendy R. – AS1	9:30–10:30 AM OPEN YOGA Susan Jones – YS	9:45–10:45 AM FULL BODY BLAST Brad – AS1	10:30–11:30 AM TRX Wendy R. – AS1	10:30–11:30 AM TRX Wendy R. – AS1	Parkinson's B&M 10:30–11:30 AM BOXING Greg – BL
> NEW TIME < 10:45–11:45 AM FIT 4 LIFE Francesca – AS1	10:45–11:45 AM PILATES Wendy R. – AS1	10:45–11:45 AM PILATES Wendy R. – AS1	9:30–10:30 AM HYDROFIT Dana – OLY	9:30–10:30 AM HYDROFIT Dana – OLY	> NEW TIME < 10:45–11:45 AM FIT 4 LIFE Dana – AS1	> NEW TIME < 10:45–11:45 AM FIT 4 LIFE Dana – AS1	9:45–11:00 AM OPEN YOGA Susan Jones – YS	9:45–10:45 AM FULL BODY BLAST Brad – AS1	10:30–11:30 AM TRX Wendy R. – AS1	10:30–11:30 AM TRX Wendy R. – AS1	Parkinson's B&M 10:30–11:30 AM BOXING Greg – BL
			Parkinson's B&M 10:30–11:30 AM BOXING Heather – AS1	Parkinson's B&M 10:30–11:30 AM BOXING Heather – AS1	> NEW TIME < 10:45–11:45 AM FIT 4 LIFE Dana – AS1	> NEW TIME < 10:45–11:45 AM FIT 4 LIFE Dana – AS1	10–11:00 AM YOGA Francesca – AS2	9:45–11:00 AM OPEN YOGA Susan Jones – YS	10:30–11:30 AM TRX Wendy R. – AS1	10:30–11:30 AM TRX Wendy R. – AS1	Parkinson's B&M 10:30–11:30 AM BOXING Greg – BL
			11:45–1:00 PM TAI CHI Wendy M. – AS2	11:45–1:00 PM TAI CHI Wendy M. – AS2	> NEW TIME < 10:45–11:45 AM FIT 4 LIFE Dana – AS1	> NEW TIME < 10:45–11:45 AM FIT 4 LIFE Dana – AS1	11–11:45 AM FIT 4 LIFE Dana – AS1	9:45–11:00 AM OPEN YOGA Susan Jones – YS	10:30–11:30 AM TRX Wendy R. – AS1	10:30–11:30 AM TRX Wendy R. – AS1	10:30–11:30 AM BOXING Greg – BL
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