



GROUP WELLNESS SCHEDULE

YMCA OF GREENWICH - FEBRUARY 2020

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
M3 - Starting 2/1/2020
the 3rd floor "Yoga Studio"
will be used as an alternate
space. All Yoga classes have
been moved to M1 & M2

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 Claudia - SS	6:15-7:15 AM BOOT CAMP LaMont - GYM	*** NEW LOCATION *** 12:00-12:45 PM FULL BODY STRETCH EXPRESS Wendy R. - M2	5:30-6:30 AM SPIN Claudia - SS	12:00-1:00 PM HYDROFIT Dana - ALUM	5:15-6:15 AM SPIN Kati - SS	12:00-1:00 PM PILATES Ivy - AS1	7:30-8:30 AM GROUP POWER Michelle - AS2 *RSVP FOR SPOT*	12:00-1:00 PM HYDROFIT Dana - ALUM	7:00-8:00 AM BOOT CAMP LaMont - GYM	8:30-9:30 AM SPIN Brandon - SS *RSVP FOR SPOT*
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	5:45-7:00 PM LOW IMPACT Pam F. - AS2	6:30-7:30 AM TRX Wendy R. - AS1	*** NEW CLASS *** Parkinson's B&M 2:00-3:00 PM SHAKE IT OFF DANCE Suzanne - AS1	6:15-7:15 AM BOOT CAMP LaMont - GYM	*** NEW LOCATION *** 4:30-5:30 PM ADAPTIVE YOGA Celeste - M2 <small>*REGISTRATION REQUIRED</small>	8:15-9:00 AM CARDIO BOXING Brandon - BL	12:00-1:00 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	6:00-7:00 PM GROUP POWER Dana - AS2	8:00-8:55 AM AQUAFIT COMBO Lynne - ALUM	6:00-7:00 PM CARDIO JAM Brandon - AS1	7:30-8:30 AM GROUP POWER Dana - AS2	6:00-7:00 PM HIP HOP Brandon - GYM	6:30-7:30 AM H.I.L.I.T AQUA BOOT CAMP Wendy - OLY	5:30-6:30 PM CARDIO KICKBOXING Maria H. - AS1	8:30-9:30 AM SPIN LaMont - SS	6:00-7:00 PM TURBO SWEAT Brandon - AS1	8:00-9:30 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.L.I.T Wendy R. - AS1	8:15-9:15 AM BARRE Ivy - AS1	*** NEW CLASS *** Parkinson's B&M 6:00-7:00 PM STRIKE OUT BOXING Ray - BL	8:00-8:55 AM AQUAFIT COMBO Lynne - ALUM	6:30-7:30 PM TOTAL BODY CONDITIONING Wendy R. - AS1	*** NEW CLASS *** 6:30-7:30 AM VINYASA YOGA Noreen - M2	6:00-7:00 PM GROUP POWER Michelle - AS2	*** NEW TIME & LOCATION *** 8:30-9:30 AM OPEN YOGA Susan Jones - M2		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	*** NEW LOCATION *** 6:30-7:45 PM KUNDALINI YOGA & MEDITATION Kat - M2	8:15-9:15 AM TURBO SWEAT Brandon - GYM	7:00-7:45 PM CARDIO BOXING Brandon - BL	8:30-9:30 AM PILATES BARRE Francesca - AS1	*** NEW LOCATION *** 6:30-7:45 PM KUNDALINI YOGA & MEDITATION Kat - M2	7:15-8:00 AM SPIN EXPRESS Verity - SS	Parkinson's B&M 6:00-7:00 PM STRIKE OUT BOXING Ray - BL	8:30-9:30 AM PILATES Francesca - AS1		8:30-9:30 AM BARRE Wendy R. - AS1	*** NEW LOCATION *** 10:45 AM-12:00 PM HATHA YOGA Francesca - M2
9:30-10:30 AM PILATES Ivy - AS1	*** NEW LOCATION *** 9:15-10:30 AM GENTLE YOGA Susan Jones - M2	7:00-8:00 PM TRX Maria H. - AS1		8:30-9:15 AM CARDIO BOXING Greg - BL		8:00-8:55 AM AQUAFIT COMBO Lynne - ALUM	6:30-7:30 PM 20 SPIN 20 STRENGTH 20 CORE Wendy R. - SS/AS1	9:30-10:20 AM BOXING Greg - BL		*** NEW LOCATION *** 9:00-10:15 AM GENTLE YOGA Francesca - M2	Parkinson's B&M 11:00 AM - 12:00 PM BOXING Heather - AS1
9:30-10:30 AM HYDROFIT Dana - OLY	9:30-10:30 AM ZUMBA Kellz - AS1	9:30-10:30 AM ZUMBA BURST Kellz - AS2		9:30-10:15 AM ZUMBA BURST Kellz - AS2		8:15-9:15 AM TURBO SWEAT Brandon - GYM	*** NEW LOCATION *** 6:30-7:45 PM OPEN YOGA Francesca - M2	9:30-10:30 AM HYDROFIT Dana - OLY		9:30-10:30 AM ZUMBA Wendy R. - AS1	Parkinson's B&M 12:30-1:30 PM YOGA & MEDITATION Francesca - AS1
Parkinson's B&M 10:30-11:30 AM BOXING Greg - BL	9:30-10:30 AM BOOT CAMP Brian - GYM	9:30-10:30 AM HYDROFIT Dana - OLY		9:30-10:30 AM HYDROFIT Dana - OLY		9:30-10:30 AM ZUMBA Kellz - M2		9:30-10:30 AM ZUMBA BURST Kellz - M2		10:30-11:30 AM TRX Wendy R. - AS1	
10:40-11:40 AM CARDIO SCULPT Ivy - AS2	10:45-11:45 AM PILATES Wendy R. - AS1	Parkinson's B&M 11:00 AM-12:00 PM BOXING Heather - AS1		*** NEW LOCATION *** 11:45 AM-1:00 PM TAI CHI Wendy M. - M2		9:30-10:30 AM BOOT CAMP Brian - GYM		Parkinson's B&M 10:00-11:00 AM YOGA Francesca - AS1		10:30-11:30 AM BOXING Greg - BL	
10:45-11:45 AM FIT 4 LIFE Francesca - AS1						9:30-10:30 AM BARRE Wendy R. - AS1		*** NEW CLASS *** 10:45-11:45 AM BODY SCULPTING Lynn A. - AS2		11:00AM-1:00 PM ADAPTIVE BASKETBALL Mike - GYM <small>*REGISTRATION REQUIRED</small>	
						10:45-11:45 AM FIT 4 LIFE Dana - AS1		11:00-11:45 AM FIT 4 LIFE Dana - AS1			
						11:00 AM-12:00 PM CUT ABOVE Ivy - AS2					

PLEASE NOTE: CLASSES SUBJECT TO CHANGE | PLEASE CHECK GREENWICHYMCA.ORG/ALERTS FOR UPDATES | UPDATED 2.13.2020

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