



# GROUP WELLNESS SCHEDULE

## YMCA OF GREENWICH - MARCH 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

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