



YMCA OF GREENWICH GROUP FITNESS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

APRIL 2024

IN-PERSON CLASSES / VIRTUAL CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:30a-6:15a CYCLE KATI VON KNORRING SPIN	6:15a-7:15a BOOTCAMP LAMONT ROLLINS GYM	6:00a-6:50a TOTAL BODY CONDITIONING KATE DUBORD AS 1	5:30a-6:15a CYCLE KATI VON KNORRING SPIN	6:00a-6:50a TOTAL BODY CONDITIONING KATE DUBORD AS 1	8:00a-8:50a DANCE FUSION MATT HOFFMAN AS 1	8:00a-9:00a GROUP POWER MICHELLE AMORI AS 2			
7:00a-8:00a GROUP POWER MICHELLE AMORI AS 2	8:00a-8:45a CORE & MORE WENDY ROSA AS 1/ VIRTUAL	7:00a-7:30a STRETCH EXPRESS KATE DUBORD M 1/ 2	6:15a-7:15a BOOTCAM LAMONT ROLLINS GYM	7:00a-7:30a STRETCH EXPRESS KATE DUBORD M 1/ 2	8:00a-9:00a FIT IN FIVE WENDY ROSA AS 2/ VIRTUAL	9:00a-9:55a FAMILY ZUM JEN HUMPHRIES AS 1			
8:00a-9:00a AQUAFIT CLAUDIA MACORA ALUMNI POOL	8:00a-9:00a AQUAFIT CLAUDIA MACORA ALUMNI POOL	7:15a- 8:00a CYCLE SHAWNA O'BRIEN SPIN	8:00a-9:00a AQUAFIT CLAUDIA MACORA ALUMNI POOL	7:00a-8:00a GROUP POWER MICHELLE AMORI AS 2	8:15a-9:45a GENTLE YOGA FRANCESCA CONWAY M1/2	10:00a-11:30a YOGA FRANCESCA CONWAY M 1/ 2			
8:00a-8:45a WEIGHTS & MORE WENDY ROSA AS 1/ VIRTUAL	8:30a-9:15a ULTIMATE CARDIOKICK BRANDON MUBUJKE GYM	7:45a-8:45a PILATES WITH RINGS NOREEN KEEGAN AS2	8:00a-8:45a PILATES WENDY ROSA AS 1/ VIRTUAL	7:15a-9:00a CYCLE SHAWNA O'BRIEN SPIN	9:00a-9:50a SPIN & TONE KATE DUBORD SPIN	3:00p-4:00p WORSHIP FLOW YOGA ANNE-MARIE BUCKLAND M 1/ 2			
8:30a-9:30a PERFORMANCE CYCLE LAMONT ROLLINS SPIN	9:00a-9:55a PILATES MAT SUSAN POMERANCE AS 1/ VIRTUAL	8:15a-9:15a DANCE FUSION MATT HOFFMAN AS 1	9:00a-9:55a STEP & SCULPT RENEE JENNINGS AS 2	8:00a-8:50a BARRE FRANCESCA CONWAY AS 1	9:00a-9:50a TRX WENDY ROSA AS 1				
9:00a-9:50a BODY BAR BARRE FRANCESCA CONWAY AS 1	9:00a-9:55a YOGA SUSAN JONES M 1/ 2	8:30a-9:30a PERFORMANCE CYCLE LAMONT ROLLINS SPIN	9:30a-10:3a ZUMBA KELLZ ARTEAGA AS 1	8:30a-9:30a PERFORMANCE CYCLE LAMONT ROLLINS SPIN	10:00a-10:50a STRETCH CLASS WENDY ROSA AS 1				
10:00-10:50a ZUMBA KELLZ ARTEAGA AS 1	9:45a-10:45a ZUMBA TONING KELLZ ARTEAGA AS 2	9:00a-9:50a POWER YOGA LINDA PARENTICE AS 2	10:00a-11:00a FIT4 LIFE DAVE GRAVES AS 2	9:00a-9:50a YOGA SUSAN JONES AS 1	10:00a-11:15a YOGA KRISTIN DEGROAT M 1/ 2/ VIRTUAL				
11:30a-12:30p FIT 4 LIFE DAVE GRAVES M 1/2	10:05a-11:00a BARRE SUSAN POMERANCE AS 1	10:00a-11:00a BODY SCULPT LINDA LOMBARDO AS 2/ VIRTUAL	6:00p-7:00p ZUMBA ANNA KOLBIG AS 2	10:00a-10:55a CARDIO BOOTY BARRE SUSAN POMERANCE AS 1	11:00a-11:50a BACK TO BASICS WENDY ROSA AS 1				
11:30a-12:30p HYDROFIT DEEP DANA CONELIAS. OLYMPIC POOL	10:00a-11:00a FIT4 LIFE DAVE GRAVES M 1/ 2	10:00a-11:00a FIT 4 LIFE DAVE GRAVES M 1/2	6:30p-7:45p GENTLE YOGA FRANCESCA CONWAY M 1/2	11:30a-12:30p HYDROFIT SHALLOW LINDA PARENTICE OLYMPIC POOL					
12:05p-1:00p ACTIVE & STRONG LINDA LOMBARDO AS 1/ VIRTUAL	6:15p-7:15p STRONG NATION JEN HUMPHRIES AS 2	11:00a-12:00p ACTIVE & STRONG LINDA LOMBARDO AS 1	0	11:30a-12:30p FIT4 LIFE DAVE GRAVES M 1/ 2					
6:00p-6:55p ZUMBA JEN HUMPHRIES AS 1	6:30p-7:30p NIA DANCE KRISTIN DEGROAT AS 1	11:30a-12:30p HYDROFIT DEEP DANA CONELIAS. OLYMPIC POOL	<div style="border: 2px solid purple; padding: 10px;"> <p style="text-align: center; color: blue; margin: 0;">SCHEDULE NOTES</p> <ul style="list-style-type: none"> ○ Schedule Subject to change. Please refer to the Greenwich YMCA app for the most up-to-date information on classes and instructor changes. ○ Classes in our pools ○ NEW CLASS ALERT ○ For questions on group fitness classes please contact Linda Parentice at lparentice@gwymca.org <table border="1" style="margin: 10px auto; width: 80%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Level 1 – Beginner/Gentle</td> </tr> <tr> <td style="padding: 2px;">Level 2 – Intermediate/ Moderate</td> </tr> <tr> <td style="padding: 2px;">Level 3 – Advanced/ Intense</td> </tr> </table> </div>				Level 1 – Beginner/Gentle	Level 2 – Intermediate/ Moderate	Level 3 – Advanced/ Intense
Level 1 – Beginner/Gentle									
Level 2 – Intermediate/ Moderate									
Level 3 – Advanced/ Intense									
7:00p-7:45p TOTAL BODY CONDITIONING JEN HUMPHRIES AS 1		11:30a-12:00p TAI CHI 101 WENDY MOORE M 2							
6:30p-7:30p VIN TO YIN YOGA SHALINI MADRAS M 1		12:00p-1:00p TAI CHI WENDY MOORE M 2							
		6:00p-6:45p CARDIO JAM BRANDON MUBUKKE AS 1							
		6:50p-7:35p CARDIO JAM BRANDON MUBUKKE AS 1							

GROUP FITNESS CLASS DESCRIPTIONS

ACTIVE & STRONG (LEVEL 1)

This low-impact class keeps you on your toes with a variety of modalities: steps, weights, bands and medicine balls to name a few! Work on stability, balance and bone-density.

AQUAFIT (ALL LEVELS)

This low-impact class will get your heart rate pumping as you alternate between fast and slower paced movements. Use water to improve strength, endurance and efficiency.

BACK TO BASICS (LEVEL 1)

Come back to the basics learning the proper form, alignment, body positioning for various strengthening and core movement exercises to help prevent injury and maximize the best results in body conditioning!

BARRE (ALL LEVELS)

This total body class utilizes ballet-inspired movement to target the muscles for a deep burn. The isometric exercises increase endurance, strength and coordination. The core, glutes, quadriceps and arms will be challenged in this precise and disciplined class.

BODY BAR BARRE (ALL LEVELS)

Total body workout utilizing body bar – a slender four foot long metal pole – to create balance and strength. Expect Ballet, Pilates, and Yoga movements to target muscles. Build long lean muscles.

BODY SCULPT (ALL LEVELS)

A full hour workout based on a pyramid covering cardio, weights, legs and core.

BOOTCAMP (ALL LEVELS)

Maximum calorie burn with 60 minutes of intense interval exercises and partner drills. Improve your cardio, build endurance and stamina, and increase your strength. With a class that is held outdoors in nice weather and inside when it isn't – there is no excuse for missing this heart pumping class.

BOXING (ALL LEVELS)

A fun non-stop, heart pumping, multi-intensity, high calorie burning workout with fun boxing combos. Improve your cardiovascular fitness, coordination and reaction time and strengthen your core.

CARDIO BOOTY BARRE (LEVEL 1 AND 2)

A total body workout that combines Pilates, Ballet and Yoga to target the core from all sides: glutes, abdominals, oblique's and pelvic floor. Isometric exercises increase time under tension and help to sculpt lean lines.

CARDIO JAM (ALL LEVELS)

A fun non-stop, heart pumping, multi-intensity, high calorie burning workout with energizing creative routines. Improve your cardiovascular fitness and strengthen your core.

CORE & MORE (ALL LEVELS)

Let's focus on core strength! This class uses a variety of bodyweight exercises to tone, strengthen, and work the core including those GLUTES.

CYCLING (ALL LEVELS)

We have a variety of cycling classes on our schedule which will challenge your cardiovascular strength while you follow a fun routine lead by our instructors. Any level is welcome and modifications to make your ride harder or easier are always given.

DANCE FUSION (ALL LEVELS)

This is a lively, fun, ever-changing, and total-body exercise class. We combine dance, cardio, stretch, and body-strengthening exercises to get your heart rate up and tone your muscles, entirely energized by upbeat, motivating, international pop-music (no equipment or experience necessary).

FAMILY ZUMBA (ALL LEVELS)

Come get your workout in with your family. This class is for families to come have fun and break a sweat together. This class is for those nine (9) years old and up. Get up and DANCE!

FIT 4 LIFE (LEVEL 1 AND 2)

Active Older Adults Welcomed! This class moves through a variety of functional movements and exercises, keeping our older active adults healthy and mobile. This class includes strength training with a focus on balance, stability and flexibility are also included.

FIT IN FIVE (ALL LEVELS)

Work is concentrated on a specific muscle group for 5 minutes in 30 second intervals of different exercises targeting the muscle/body part. We will focus on strength, stability and flexibility.

GENTLE YOGA (LEVEL 1)

Increase flexibility, strength, and peace of mind with our most easeful yoga offering. Open to all!

GROUP POWER® (ALL LEVELS)

Group Power® is Your Hour of Power! Blast all your muscles with this high-rep weight training workout. You choose your station set up, so if you are just starting or a seasoned participant everyone can determine the weights that are right for them!

NIA DANCE (ALL LEVELS)

The Nia Technique is a barefoot, mindful movement practice that combines moves from dance, martial arts and healing arts. No experience necessary, dress comfortably.

PILATES MAT (LEVEL 1)

This class teaches an approach to strength that starts at the core and extends throughout the body. A focused and deliberate approach, Pilates will teach core and breath that supports and strengthens your body through other endeavors.

TAI CHI 101 (LEVEL 1)

Tai Chi is meditation in motion. At any age, its flowing movements promote the health and strength of the whole life support system while improving balance, circulation, and bone strength. From day one of learning, the practice of paying attention to the *present feeling moment* opens a pathway to stress relief, calm awareness and focus throughout the changing circumstances of daily life.

TAI CHI (LEVELS 2+)

Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements — connecting the mind and body.

TOTAL BODY CONDITIONING (ALL LEVELS)

Come challenge all your major muscle groups. This class includes a variety of exercises that will increase strength, decrease body fat, and improve overall physical conditioning. Come prepared to use light to medium weights, other fitness equipment and body weight exercises too!

TRX (ALL LEVELS)

Developed in the field by US Navy Seals, TRX is a workout system that uses gravity and body weight to perform exercises to strengthen you from head to toe. By changing the angle of your stance, each exercise is either harder or easier. No other workout compares. From your arms, shoulders, core, legs and even hand grip, nothing is left untouched at the end of this workout!

SPIN & TONE (ALL LEVELS)

A fun twist on your standard spin class where we'll ride to the beat of the music & work to engage your glutes and upper body with fun choreography on and off the bike. Lightweights and resistance bands may be used for this full body workout

STEP & SCULPT (LEVEL 2+)

Heart pumping step aerobics routine alternating between strength training and conditioning moves. This workout will give you a complete cardio and strength building workout.

STRETCH EXPRESS (ALL LEVELS)

Set aside dedicated time to stretch your muscles in this 30 minutes session. Focus on a total body stretch and recovery. Improve your joint range of motion, muscle and joint extensibility and relaxation in this session.

STRONG NATION (ALL LEVELS)

Come join the 60 minute body sculpting, high intensity, calorie torching full body workout where every single cardio and muscle-conditioning move is perfectly synced to original music. No equipment necessary. Instead of counting reps you'll train to the beat pushing past your limits into total body transformation.

ULTIMATE CARDIOKICK (ALL LEVELS)

Regardless of your current fitness level this class has something for you! A fun aerobics class using boxing and kicks that will help build your core strength, flexibility, and endurance. Come break a sweat and burn some calories. No gloves or boxing bags.

VIN TO YIN YOGA (ALL LEVELS)

Vin Yin yoga is a yoga style that combines Vinyasa and Yin Yoga into a single class. It begins with dynamic energizing Vinyasa flow, and ends with a restorative, passive Yin sequence incorporating seated and supine stretches. Each pose held between 3-5 minutes. This type of stretching balances the nervous system, calms the body and mind and brings a sense of tranquility.

YOGA (AL LEVELS)

Yoga is a group of physical, mental, and spiritual practices or disciplines. Poses are combined with breathing techniques and meditation principles. Join us as we strengthen, stretch and breathe.

WORSHIP FLOW YOGA (LEVEL 2+)

Take a chance to strengthen your spirit as well as your body. Worship Flow is a combination of yoga asana, Pilates-based repetition, musically choreographed sequences, and inspirational themes based in the Christian faith, but accessible to all.

ZUMBA (ALL LEVELS)

Get up and DANCE! This Latin-inspired group dancing class teaches dance segments that are threaded together to create fun and fulfilling movement. The unique community found in the Zumba studio ensures that you will leave with a smile on your face.

ZUMBA TONING (LEVEL 2+)

Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! The benefits of this class uses 2-lb weights that enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower.

