



YMCA OF GREENWICH GROUP FITNESS SCHEDULE

JULY 2024

IN-PERSON CLASSES / VIRTUAL CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30a-6:15a CYCLE KATI VON KNORRING SPIN	5:30a-6:15a SPIN FUSION KATI V / KATE D ROTATION SPIN	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-7:45a PIYO Pilates/Yoga KRISTIN DEGROAT M3	6:00a-7:00a YOGA FLOW ANNE-MARIE BUCKLAND AS1	7:00a-7:30a STRETCH EXPRESS KATE DUBORD LOFT	6:15a-7:15a BOOTCAMP LAMONT ROLLINS GYM	7:00a-7:30a STRETCH EXPRESS KATE DUBORD LOFT	8:00a-9:00a FIT IN FIVE WENDY ROSA AS 2 / VIRTUAL	9:00a-9:55a FAMILY ZUMBA JEN HUMPHRIES AS 1
7:00a-8:00a GROUP POWER MICHELE AMORI AS2	6:15a-7:15a BOOTCAMP LAMONT ROLLINS GYM	7:15a- 8:00a CYCLE SHAWNA O'BRIEN SPIN	6:30a-7:30a MORNING MEDITATION & YOGA KRISTIN DEGROAT AS1	7:00a- 7:50a BEACH BODY BURN & TONE FRANCESCA CONWAY AS 1	8:15a-9:45a GENTLE YOGA FRANCESCA CONWAY M1/2	10:00a-11:30a YOGA FRANCESCA CONWAY M 1/ 2
8:00a-9:00a AQUAFIT CLAUDIA MACORA ALUMNI POOL	8:00a-8:45a CORE & MORE WENDY ROSA AS1/VIRTUAL	7:45a-8:45a PILATES WITH RINGS NOREEN KEEGAN AS2	8:00a-9:00a AQUAFIT CLAUDIA MACORA ALUMNI POOL	7:00a-8:00a GROUP POWER MICHELLE AMORI AS2	8:00a-8:50a SPIN & TONE KATE DUBORD SPIN	
8:00a-8:45a WEIGHTS & MORE WENDY ROSA AS 1 / VIRTUAL	8:00a-9:00a AQUAFIT CLAUDIA MACORA ALUMNI POOL	8:15a-9:15a DANCE FUSION MATT HOFFMAN AS 1	8:00a-8:45a PILATES WENDY ROSA AS 1 / VIRTUAL	7:15a-8:00a CYCLE SHAWNA O'BRIEN SPIN	9:00a-9:50a TRX WENDY ROSA AS 1	
8:30a-9:30a PERFORMANCE CYCLE LAMONT ROLLINS SPIN	8:30a-9:15a ULTIMATE CARDIOKICK BRANDON MUBUJKE GYM	8:30a-9:30a PERFORMANCE CYCLE LAMONT ROLLINS SPIN	9:00a-9:55a STEP & SCULPT RENEE JENNINGS AS 2	8:00a-8:50a BARRE FRANCESCA CONWAY AS 1	10:00a-10:50a ZUMBA KELLZ ARTEAGA AS1	
9:00a-9:50a BODY BAR BARRE FRANCESCA CONWAY AS 1	8:45a-9:40a YOGA SUSAN JONES AS2	9:00a-9:50a POWER YOGA LINDA PARENTICE AS 2	9:30a-10:30a ZUMBA KELLZ ARTEAGA AS 1	8:30a-9:30a PERFORMANCE CYCLE LAMONT ROLLINS SPIN	10:00a-10:50a STRETCH CLASS WENDY ROSA M1	
9:30a-10:30a FIT 4 LIFE DAVE GRAVES GYM	9:00a-9:55a PILATES MAT SUSAN POMERANCE AS 1 / VIRTUAL	9:30a-10:30a FIT 4 LIFE FRANCESCA CONWAY GYM	9:30a-10:30a FIT4 LIFE DAVE GRAVES GYM	8:30a-9:30a FIT 4 LIFE DAVE GRAVES GYM	11:00a-11:50a BACK TO BASICS WENDY ROSA AS 1	
10:00-10:50a ZUMBA KELLZ ARTEAGA AS 1	9:30a-10:30a FIT 4 LIFE DAVE GRAVES GYM	10:00a-11:00a BODY SCULPT LINDA LOMBARDO AS1	6:15p-7:15p ZUMBA ANNA KOLBIG AS 2	9:00a-9:50a YOGA SUSAN JONES AS 1	12:30p-2:00p YOGA KRISTIN DEGROAT M1 / VIRTUAL	
11:30a-12:30p HYDROFIT DEEP DANA CONELIAS. OLYMPIC POOL	9:45a-10:45a ZUMBA TONING KELLZ ARTEAGA AS 2	11:00a-12:00p ACTIVE & STRONG LINDA LOMBARDO AS 2	6:30p-7:45p GENTLE YOGA FRANCESCA CONWAY AS1	10:00a-10:55a CARDIO BOOTY BARRE SUSAN POMERANCE AS 1		
12:05p-1:00p ACTIVE & STRONG LINDA LOMBARDO AS 1 / VIRTUAL	10:05a-11:00a BARRE SUSAN POMERANCE AS 1	11:30a-12:30p HYDROFIT DEEP DANA CONELIAS. OLYMPIC POOL		11:30a-12:30p HYDROFIT SHALLOW LINDA PARENTICE OLYMPIC POOL		
6:00p-6:55p ZUMBA JEN HUMPHRIES AS 1	6:15p-7:15p STRONG NATION JEN HUMPHRIES AS 2	12:00p-12:30p TAI CHI 101 WENDY MOORE AS2				
7:00p-7:45p TOTAL BODY CONDITIONING JEN HUMPHRIES AS 1	6:30p-7:30p NIA DANCE KRISTIN DEGROAT AS 1	12:30p-1:30p TAI CHI WENDY MOORE AS2				
6:30p-7:30p VIN TO YIN YOGA SHALINI MADRAS M3		6:00p-6:45p CARDIO JAM BRANDON MUBUKKE AS 1				

6:50p-7:35p
 BOXING WORKOUT
 BRANDON MUBUKKE
 BOXING LOFT

○ **SCHEDULE NOTES**

- 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

Level 1 – Beginner/Gentle

Level 2 – Intermediate/ Moderate

Level 3 – Advanced/ Intense

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 (ALL LEVELS) (4 weeks ending May 25)

Learn proper form, alignment, body positioning for various strengthening and core movement exercises to help prevent injury and get best results.

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.

BEACH BODY BURN & TONE (ALL LEVELS)

High energy total body sculpting with light to medium weights, resistance bands, balls and body bars. Be your beach body best!

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 (LEVEL 2+)

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.

HYDROFIT DEEP

Work your core and build your cardio stamina while using the noodles and dumbbells in the deep diving well while gently opening the body.

MORNING MEDITATION AND YOGA

Get into your Zen headspace with guided meditation to help manage stress and relax the body with fluid yoga moves to start your day off right!

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.

PIYO (ALL LEVELS)

Piyo is a hybrid Pilates/Yoga mix where you'll tighten and tone while building core strength and stamina as well as gaining flexibility.

SPIN FUSION (ALL LEVELS)

Spin sweat and tone in this high energy cycling class where you'll get challenged while having fun spinning out to awesome soundtracks. Modifications offered to suit every need. Weights optional.

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:

1 hour of high intensity calorie torching muscle sculpting workout driven by the beat of the music. No equipment needed, Movement and body weight exercises.

TAI CHI 101 (LEVEL 1)

Tai Chi is meditation in motion. The flowing movements promote the health and strength while improving balance, circulation, and bone strength.

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 (LEVEL 2+)

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!

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.. 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.

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.

YOGA FLOW (ALL LEVELS)

Flow into your morning with opening asana poses and free flowing movements while stretching and relaxing. Modifications provided.

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. Come get your dance on!

ZUMBA TONING (LEVEL 2+)

Perfect for those who love to dance while toning and sculpting to define 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!

