Regional YMCA of Western Connecticut

GREENKNOLL BRANCH

2019

GROUP EXERCISE MENU

****subject to change without notice****

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Y HOURS
	Yoga 5:30-6:30 Drew(S)			**Cross Fun** 5:45-6:30 Shelley (G)		M-F 5:00a-10:00p Sat. 6:30a-7:00p Sun. 6:30a-7:00p
Strength Training 6:00-6:30 Colleen (S)	LesMills CXWORX 7:00-7:30 Kerry (S)	**Strength Training** 6:00-6:30 Jane (S)	LesMills CXWORX 7:00-7:30 Kerry (S)			**KID'S CORNER** M-F 8:30a-12:30p M-Th 4:30p-7:30p Sat. 8:00a-12:00p
				Step & Stretch 8:00-9:00 Marisa (G)	LesMills BODYPUMP 8:00-9:00 Sharon (G)	
	Boot Camp 8:00-9:00 Dawne (G)		**Boot Camp** 8:00-9:00 Dawne (G)		**Zumba®** 8:00-9:00 Cassie (S)	
SilverSneakers® Classic 8:00-9:00 Dee (S)	**Pilates** 8:00-9:00 Debbie (S)	**SilverSneakers® Circuit** 8:00-9:00 Dee (S)		**SilverSneakers® Classic** 8:00-9:00 Debbie (S)	**Zumba®** 9:15-10:15 Cassie (S)	
Tabata 9:00-9:45 Dawne (G)	**ZUMBA** 9:15-10:15 Maria (S)	**Step Interval** 9:15-10:15 Marisa (G)	**It's a H.I.I.T.** 9:15-10:00 Marisa (G)	**Kickboxing** 9:15-10:15 Marisa (G)	**Pilates** 9:15-10:15 Nada/Kerry (A)	
Yoga 9:15-10:15 Eileen (S)	**Interval 45** 9:15-10:00 Kerry (G)	**Vinyasa Yoga** 9:15-10:15 Rebecca (S)	**Pilates** 9:15-10:15 Debbie (S)	**Barre None** 9:15-10:15 Kerry (S)	**Butts and Guts** 10:30-11:30 Blythe (S)	
Complete Core 9:45-10:10 Dawne (G)	**Hard Core** 10:05-10:20 Kerry (G)	LesMills BODYPUMP 10:20-11:20 Marisa (G)	LesMills BODYPUMP *EXPRESS 30* 10:10-10:40 Marisa (G)	LesMills BODYPUMP 10:20-11:20 Marisa (G)		
LesMills BODYPUMP 10:25-11:25 Laura (G)	**Zumba Gold®** 10:30-11:30 Donnasue (G)	**SilverSneakers® Circuit** 10:30-11:30 Karen (S)		**Zumba®** 10:25-11:25 Dolores (S)		
SilverSneakers® Classic 10:30-11:30 Claudia (S)		**SilverSneakers® Circuit** 11:40-12:40 Marisa (S)	**Zumba Gold®** 11:00-12:00 Cristina (G)	**SilverSneakers® Circuit** 11:30-12:30 Kerry/Dee (S)		
SilverSneakers® Classic 11:40-12:40 Claudia (S)		**Yo Chi** 12:40-2:00 Claudia (S)	**SilverSneakers® Classic** 11:30-12:30 Marisa (S)	**Yo Chi** 12:40-2:00 Claudia (S)		
					SUNDAY	
Zumba® 4:30-5:30 Cassie (S)		**Tabata** 4:30-5:15 Dawne (S)			**Step Interval** 9:15-10:15 Blythe (S)	
					Yoga 10:30-11:30 Eileen (S)	
Barre None 5:35-6:35 Kerry (S)	**Vinyasa Yoga** 5:30-6:30 Faith (S)	**Hard Core** 5:15-5:30 Dawne (S)	**Step Interval** 5:30-6:25 Blythe (S)		**Yoga** 11:45-12:45 Drew (S)	
LesMills BODYPUMP 5:45-6:45 Suzanne (G)	**Zumba®** 6:35-7:35 Cassie (S)	**Yoga** 5:45-6:45 Rebecca (S)	**Family Zumba®** 6:00-7:00 Maria (G)			
		LesMills BODYPUMP 5:45-6:45 Kerry (G)	**Tabata** 6:30-7:25 Kerry (S)			**KEY**
Pilates 7:15-8:15 Nada (A)						**$$ denotes a fee**
$$TKD/Self Def 7:00-8:15		**$$TKD/Self Def** 7:00-8:15	**Yoga** 7:30-8:30 Trish (S)			**GYM (G)** **STUDIO (S)** **ANNEX (A)**