

GROUP EXERCISE MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rock Solid 7:15am-7:45am <i>Hosted by Darien Y</i> via ZOOM	Strength Training 6:15a-6:45a Jane GYM	HIIT 6:00a-6:45a Shelley GYM			
SPIN 6:15a-7:00a Brian Outdoors/GYM		Forever Strong 8:00a-8:45a Debbie via ZOOM		Yoga 8:30a-9:30a <i>Hosted by Greenwich</i> via ZOOM	SPIN 8:00a-8:45a Brian Outdoors/GYM
Forever Strong 8:00a-8:45a Debbie via ZOOM		SPIN 9:00a-9:45a Nada Outdoors/GYM	Workout with Marisa 9:15a-9:45a Outdoors/GYM	SPIN 8:00a-8:45a Nada Outdoors/GYM	LES MILLS BODY PUMP 9:15a-10:15a Sharon GYM
Yoga 9:15a-10:15a Debbie via ZOOM	Pilates 9:15a-10:15a Debbie via ZOOM		LES MILLS BODY PUMP EXPRESS 30 9:50a-10:20a Marisa Gym	Kickboxing 9:15a-10:15a Marisa via ZOOM	Pilates 9:15a-10:15a Nada via ZOOM
Zumba 10:30a-11:30a Jody/Donnasue via ZOOM		LES MILLS BODY PUMP 10:30a-11:30a Marisa via ZOOM	Pilates 9:15a-10:15a Debbie via ZOOM	LES MILLS BODY PUMP 10:30a-11:30a Marisa via ZOOM	
Meditation 11:00a-11:30a <i>Hosted by Riverbrook</i> via ZOOM			Barre 12:00p-1:00p <i>Hosted by Greenwich</i>		
LES MILLS CXWORX 5:15-5:45 Trish via ZOOM					SUNDAY
Zumba 5:30p-6:30p Alexis GYM	Restorative Yoga 4:30pm-5:30pm <i>Hosted by Darien</i> via ZOOM	Pilates 5:30p-6:15p <i>Hosted by Riverbrook</i> via ZOOM			SPIN 8:00a-8:45a Ramsay Outdoors/GYM
		SPIN 6:30p-7:15p Shelley GYM	Butts and Guts 5:30p-6:30p Blythe via ZOOM		Zumba 9:00a-10:00a Stephanie GYM
		Yoga 7:00p-8:00p <i>Hosted by Greenwich</i> via ZOOM	Yoga 6:45p-7:45p Trish via ZOOM		Yoga 9:30a-10:30a Eileen (S) via ZOOM
					Yoga 11:45a-12:45p Drew (S) via ZOOM