

GROUP EXERCISE MENU

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

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