

Darien YMCA – GROUP CLASS SCHEDULE: Spin/Sweat Studio 1 & GYM

Mon – Fri: 5 a.m. – 9:45 p.m.; Sat: 7 a.m. – 6:45 p.m.; Sun: 8 a.m. – 5:45 p.m. Telephone: 203.655.8228

SUN	MON	TUES	WED	THURS	FRI	SAT
	5:45 - 6:30 TRX Bootcamp Jess (GYM)	5:45 - 6:30 Spin Eleni	5:45 - 6:30 Trainer's Choice PAM (GYM)	5:45 - 6:30 Spin Eleni	5:45 - 6:30 Bootcamp Gene (GYM)	
	6:30 - 7:15 Spin Keri	6:30 - 7:30 Bootcamp Gene (GYM)	6:30 - 7:15 Spin Bev	6:30 - 7:30 Bootcamp Gene (GYM)	6:30 - 7:15 Spin Bev	7:15 - 8:00 STRONG Cycle Rotation
8:15 - 9:00 STRONG Cycle Cheryl	7:15-7:45 Rock Solid Jess (Studio 2)		7:20 - 7:50 TRX Bev (GYM)		7:15-7:45 Rock Solid Jess (Studio 2)	8:15 - 9:15 Zumba Emily/Sejla (GYM)
	8:15 - 9:00 STRONG Cycle Cheryl	8:30 - 9:30 Zumba EDDIE (GYM)	8:00 - 9:00 Pilates Ellen	8:30 - 9:30 Zumba **AMBER** (GYM)		8:30- 9:15 Spin Eleni
9:30 - 10:15 Total Body Jermaine	9:30 - 10:15 Spin Bev	8:45-9:30 ADV KB 9:30-10:15 BEG KB Training Center \$ Extra Fee \$	9:30 - 10:15 Spin Emma	8:45-9:30 ADV KB 9:30-10:15 BEG KB Training Center \$ Extra Fee \$	NEW TIME 9:00-9:45 STRONG Cycle Judy	9:45 -10:45 Trainer's Choice Rotation
10:30-11:15 Box & Burn Leigh/Linda P.	9:30 - 10:30 Sports Conditioning Jermaine (GYM)	9:30 - 10:15 TRX Bootcamp Bev (GYM)	NEW CLASS 9:30 - 10:30 Trainer's Choice Rotation (GYM)	9:30 - 10:15 TRX Bootcamp Jess (GYM)	9:30 - 10:30 Bootcamp Gene (GYM)	
	11:00 - 11:45 Light & Easy Linda L.	10:30 - 11:30 Total Body Jess	11:00 - 11:45 Hi/Low Karen	10:30 - 11:30 Total Body Jermaine	11:00 - 11:45 Light & Easy Karen	11:15 - 12:00 Cardio Strength Terry/Linda P.
		11:30 - 12:15 Pilates Karen				11am-1pm
12:15 - 1:00 Spin Melissa	12:15 - 1:00 Spin Tamara		12:15 - 1:00 Spin Michelle		12:15 - 1:00 Spin Keri	OPEN ROCK WALL Wellness Center
	3:45-4:15 Teen Conditioning Linda P. \$ Extra fee \$	NEW CLASS 4:00-4:45 Total Fitness Terry		NEW CLASS 4:00-4:45 Total Fitness Terry		
	4:30 - 5:30 Total Body Linda P.	5:00 - 6:00 Cardio Step Terry	4:30- 5:30 Boxing Bootcamp Leigh	5:00 - 6:00 Cross Training Terry	5:30 - 6:15 Piranha's Swim Team Conditioning	Kids 6+
	5:45 - 6:45 Power Interval Marie	6:00 - 6:45 Tabata Tuesdays Jermaine (Studio 2)	5:45 - 6:45 Total Body Marie			With Parent \$Extra Fee\$
	7:00 - 8:00 Trainer's Choice Jermaine	6:30 - 7:15 Spin Linda P.	7:00 - 8:00 Zumba Jennifer	6:30 - 7:15 Spin Keri/Melissa		

Classes w/ extra fee require registration

SCHEDULE EFFECTIVE WEDNESDAY FEBRUARY 1st, 2017

Please refer to the Darien Y App for sub updates

Rev. 1/30/17