Darien YMCA – SEPTEMBER GROUP CLASS SCHEDULE EFFECTIVE 9/8/20

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:15-7 AM **CYCLE** W/ Bev *(Gym)*		6:15-7 AM **CYCLE** W/ Bev *(Gym)*		6:15-7 AM **CYCLE** W/ Bev *(Gym)*	
	7:15-7:45 AM **Rock Solid** Jessica *(Virtual)*	6:30 –7:30 AM **HIIT** Gene *(Gym)*	7:15-7:45 **Rock Solid** Bev *(Virtual)*	6:30 –7:30 AM **HIIT** Gene *(Gym)*	7:15-7:45 AM **Rock Solid** Jess *(Gym)*	
	8:00 – 9:00 AM **Open Level Yoga** Paula *(Outdoors)*	8:30 – 9:15 AM **"Water Exercise"** Diane (Virtual)	***8:30 -9:15 AM*** ***PILATES*** ***w/ Ellen*** ***(Virtual)***	8:30 – 9:15 AM **"Water Exercise"** Diane (Virtual)	8:00 – 9:00 AM **Open Level Yoga** Paula *(Outdoors)*	8:30-9:15 AM **PILATES** W/ Marysa *(Virtual)*
			8:45-9:30 AM ***Kettlebell*** *Studio 1/* Extra Fee*	8:30 – 9:30 AM **Dance Fitness** Ana (OUTDOORS)		
	9:30-10:30 **Core & Cardio** Jess *(OUTDOORS)*		9:30-10:30 **Weights & Wheels** Bea *(OUTDOORS)*		9:30 – 10:30 **HIIT** Gene *(OUTDOORS)*	8:30- 9:15 **Indoor Cycling** Allie *(Gym)*
9:00-10:00 **Total Body** Bea (Gym)	9:00-10:00 AM **Pilates Apparatus** Karyn Studio 2/ *Extra Fee	10:30-11:15 PM **Slow & Gentle YOGA** W/ Jill L. *(Virtual)*		10:30-11:15 PM **Slow & Gentle YOGA** W/ Jill L. *(Virtual)*		9:30-10:15 AM **YOGA** W/ Grace Ann/Jill *(Virtual)*
10:45 - 11:45 **Vinyasa Flow** Amanda *(Outdoors)*		10:30 – 11:15 **Total Body** Jessica *(OUTDOORS)*		10:30 – 11:15 **Total Body** Jermaine *(OUTDOORS)*	10:30-11:30 AM **Pilates Apparatus** Karyn Studio 2/ *Extra Fee	10:30 –11:15 AM **H.I.I.T** W/ Jermaine *(Virtual)*
	11AM-11:30 AM **LITE & EASY** W/ Karen *(Virtual)*		11AM-11:30 AM **LITE & EASY** W/ Karen *(Virtual)*		11AM-11:30 AM **LITE & EASY** W/ Karen (Virtual)	
12:15 – 1:00 **Indoor Cycling** Rotation (Gym)	12:15 – 1:00 **Indoor Cycling** Keri (Studio 1)	12:15-1:15 PM **YOGA** W/ Maria *(Outdoors)*		12:15-1:15 PM **YOGA** W/ Jill C. *(Outdoors)*		
	3:30-4:30 PM ***Youth Sports Conditioning*** *Starts 10/13 * Extra Fee*	3:45-4:45pm **Special Needs Yoga** Studio 2	*3:30-4:30 PM* ***Youth Boxing*** *Leigh* **Studio 1/ Extra Fee*		*3:30-4:30 PM* ***Youth Sports Conditioning*** *Starts 10/15 * Extra Fee*	
		4:30-5:30 PM **RESTORATIVE YOGA** W/ Rita *(Virtual)*		4:30-5:30 PM **RESTORATIVE YOGA** W/ Rita (Virtual)		
		6:00-6:45 PM **Tabata** Bea (Outdoors)		6:00-7:00 PM **Pilates** Marysa *(Virtual)*		

Spin/Sweat Classes ***(All classes after 8am M-F will be held outside under the tent. In the event of severe weather, you will be notified of a cancelation.)***
Mind/Body Classes ***(Outdoor classes are weather permitting. In the event of light rain, classes will be moved under the tent or cancelled during thunderstorms.)***
Virtual

Classes <u>require registration</u> online or at the Front Desk. Due to safety precautions, please bring your own mat and towel.
Please refer to the Darien Y App or website schedule for instructor rotation and sub updates *Rev. 09/8/2020*
Class offerings will be updated weekly based on participation and demand.