

Darien YMCA – MAY GROUP CLASS SCHEDULE EFFECTIVE 5/1/21

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:15-7 AM INDOOR CYCLING W/ Bev (Gym)		6:15-7 AM INDOOR CYCLING W/ Bev (Gym)		6:15-7 AM INDOOR CYCLING W/ Bev (Gym)	
	7:15-7:45 AM ROCK SOLID Bev (Virtual/GYM)	6:30 –7:30 AM HIIT Gene (Gym)	7:15-7:45 ROCK SOLID Bev (Virtual/ GYM)	6:30 –7:30 AM HIIT Gene (Gym)	7:15-7:45 AM ROCK SOLID Bea (Gym)	
	8:00 – 9:00 AM OPEN LEVEL YOGA Paula (Virtual)		8:30 -9:15 AM PILATES w/ Ellen (Virtual)		8:00 – 9:00 AM OPEN LEVEL YOGA Paula (Virtual)	8:30-9:15 AM PILATES W/ Marysa (Virtual)
		8:30-9:30 AM DANCE FITNESS Ana H (Gym/Outdoors)	8:45-9:30 AM KETTLEBELL Studio 1/* Extra Fee *	8:30 – 9:30 AM DANCE FITNESS Ana H (Gym/Outdoors)		
	9:30-10:30 STRENGTH & CONDITIONING Kent (Gym/Outdoors)		9:30-10:30 WEIGHTS & WHEELS Bea (Gym)		9:30 – 10:30 HIIT Gene (Gym/Outdoors)	8:30- 9:15 INDOOR CYCLING Shawna (Gym)
9:00-10:00 TOTAL BODY Bea (Gym/Outdoors)	9:00-10:00 AM PILATES APPARATUS Karyn Studio 2/ *Extra Fee *	10:30-11:30 PM SLOW & GENTLE YOGA W/ Jill L. (Virtual)		10:30-11:30 PM SLOW & GENTLE YOGA W/ Jill L. (Virtual)		9:30-10:15 AM YOGA W/ Grace Ann/Jill (Virtual)
10:30 - 11:30 VINYASA FLOW Amanda (Gym/Holly Pond)		10:30 – 11:15 TOTAL BODY Bea (Gym/Outdoors)		10:30 – 11:15 TOTAL BODY Jermaine (Gym/Outdoors)	10:30-11:30 AM PILATES APPARATUS Karyn Studio 2/ *Extra Fee *	9:30 –10:25 AM H.I.I.T W/ Jermaine (Gym/Outdoors)
	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 Shawna (Gym)	12:15 – 1:00 INDOOR CYCLING Keri (Studio 1)	12:15-1:15 PM YOGA W/ Maria (Gym/Holly Pond)	12:15-1:00 PM INDOOR CYCLING Keri (Studio 1)	12:15-1:15 PM YOGA W/ Talita (Gym/Holly Pond)		
		4:30 – 5:30 PM RESTORATIVE YOGA Rita (Virtual)	3:30-4:30 PM YOUTH BOXING Leigh *Studio 1/ Extra Fee *	4:30 – 5:30 PM RESTORATIVE YOGA Rita (Virtual)		Youth Small Group Personal Training available. Contact Wellness Center
		6:00 – 7:00 PM PILATES Susan J (Virtual)		6:00 – 7:00 PM PILATES Marysa (Virtual)		
	5:30 – 6:30 PM MEDITATION Monica (Virtual)	6:00-6:45 PM TABATA Bea (Studio 1/Outdoors)	6:00-7:00 PM VINYASA FLOW Amanda (Gym/Holly Pond)			

Spin/Sweat Classes, Mind/Body Classes, Virtual Classes. Classes at the Y may be held outdoors, weather permitting

Classes require registration 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. 4/28/2021