

Darien YMCA – SUMMER GROUP CLASS SCHEDULE EFFECTIVE JULY 5th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:15-7:00 INDOOR CYCLING Bev (Studio 1)		6:15-7:00 INDOOR CYCLING Bev (Studio 1)		6:15-7:00 INDOOR CYCLING Bev (Studio 1)	
	7:15-7:45 ROCK SOLID Bev (Virtual/ Studio 2)	6:30 –7:30 BOOTCAMP Gene (Gym)	7:15-7:45 ROCK SOLID Bev (Virtual/ Studio 2)	6:30 –7:30 HIIT Gene (Gym)	7:15-7:45 ROCK SOLID Bea (Studio 2)	
	8:00 – 9:00 OPEN LEVEL YOGA Paula (Studio 2/Outdoors)		8:30 -9:15 PILATES Ellen (Virtual)		8:00 – 9:00 OPEN LEVEL YOGA Paula (Studio 2/Outdoors)	8:30-9:15 PILATES Marysa (Virtual)
	9:00-10:00 PILATES APPARATUS Karyn H Studio 2/ *Extra Fee *	8:30-9:30 DANCE FITNESS Ana H (Gym/Outdoors)	8:30-9:15 KETTLEBELL Training Center/ * Extra Fee *	8:30 – 9:30 DANCE FITNESS Ana H (Gym/Outdoors)	9:15-10:15 BALANCE BARRE Steve (Studio 2)	
	9:30-10:30 STRENGTH & CONDITIONING Jermaine (Gym/Outdoors)		9:30-10:30 WEIGHTS & WHEELS Bea (Studio 1)		9:30 – 10:30 BOOTCAMP Gene (Gym/Outdoors)	8:30- 9:15 INDOOR CYCLING Shawna (Studio 1)
9:00-10:00 TOTAL BODY Bea (Studio 1/Outdoors)		10:30-11:30 SLOW & GENTLE YOGA Jill L. Virtual (Studio 2)		10:30-11:30 SLOW & GENTLE YOGA Jill L. (Virtual)		9:30-10:15 YOGA Grace Ann/Jill C. (Virtual)
10:30 - 11:30 VINYASA FLOW Amanda (Studio 2/Holly Pond)		10:30 – 11:15 TOTAL BODY Bea (Studio 1/Outdoors)	11-11:45 LIGHT & EASY Karen C (Studio 1)	10:30 – 11:15 TOTAL BODY Jermaine (Studio 1/Outdoors)	10:30-11:30 PILATES APPARATUS Karyn H Studio 2/ *Extra Fee *	9:30 –10:30 H.I.I.T Jermaine (Gym/Outdoors)
	11AM-11:45 LITE & EASY Karen C (Virtual)		12-1 PILATES Karen C (Studio 2)		NEW TIME 11:30-12:15 LITE & EASY Linda L (Studio 1)	
12:15 – 1:00 INDOOR CYCLING Shawna (Studio 1)	12:15 – 1:00 INDOOR CYCLING Keri (Studio 1)	12:15-1:15 YOGA Maria (Studio 2/Holly Pond)	12:15-1:00 INDOOR CYCLING Keri (Studio 1)	12:15-1:15 YOGA Talita (Studio 2/Holly Pond)	12:30-1:30 PILATES Frances (Studio 2)	
		4:30 – 5:30 RESTORATIVE YOGA Rita T (Virtual)		4:30 – 5:30 RESTORATIVE YOGA Rita T (Virtual)		Youth Small Group Personal Training available. Contact Wellness Center
		6:00 – 7:00 PILATES Susan J (Virtual)		6:00 – 7:00 PILATES Marysa (Virtual)		
		6:00-6:45 TABATA Bea (Studio 1/Outdoors)				

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