

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	NEW 5:30 - 6:30 HIIT Jolene (<i>GYM Start 9/13</i>)		NEW 5:30 - 6:30 TRX Bootcamp Bea (<i>GYM</i>)		NEW 5:30 - 6:30 Bootcamp Gene (<i>GYM</i>)	
	6:15 - 7:00 Indoor Cycling Beverly	6:30 - 7:30 Bootcamp Gene (<i>GYM</i>)	6:15 - 7:00 Indoor Cycling Bev	6:30 - 7:30 HIIT Gene (<i>GYM</i>)	6:15 - 7:00 Indoor Cycling Bev	
	7:15 - 7:45 Rock Solid * Beverly (<i>Virtual/Studio 2</i>)		7:15 - 7:45 Rock Solid * Beverly (<i>Virtual/Studio 2</i>)		7:15 - 7:45 Rock Solid Bea (<i>Studio 2</i>)	8:30-9:15 Indoor Cycling Shawna
		8:30 - 9:30 Dance Fitness Ana H (<i>GYM</i>)		8:30-9:30 Dance Fitness Ana H (<i>GYM</i>)		NEW 9:30- 10:30 Zumba ANA A
9:00-10:00 Total Body Bea	9:30 - 10:30 Strength & Conditioning Jermaine (<i>GYM</i>)	NEW 9:00-9:45 Indoor Cycle Jolene (<i>Start 9/14</i>)	8:30-9:15 OPEN KB <i>Training Center - Gene</i> \$ Extra Fee \$	NEW 9:00-9:45 Indoor Cycle Cheryl	9:30 - 10:30 Bootcamp Gene (<i>GYM</i>)	9:30 -10:30 HIIT Jermaine (<i>GYM</i>)
NEW 10:30-11:15 Indoor Cycling Cheryl/Sally W			9:30 - 10:30 Weights & Wheels Bea			
	11:00 - 11:45 Light & Easy * Karen (<i>Virtual</i>)	10:30 - 11:30 Total Body Bea	11:00 - 11:45 Light & Easy Karen	10:30 - 11:30 Total Body Jermaine	11:00 - 11:45 Light & Easy Linda L	
						Please visit our Virtual Platform for on-demand classes and instructional videos.
	12:15 - 1:00 Indoor Cycling Keri		12:15 - 1:00 Indoor Cycling Keri			
			3:30-4:30 YOUTH BOXING Leigh \$Extra Fee\$			
	5:30-6:30 Fundamentals of Boxing Nick S \$ Extra Fee \$		NEW 4:30-5:30 Boxing Bootcamp Leigh	5:30-6:30 Fundamentals of Boxing Nick S \$ Extra Fee \$		
		6:00 - 7:00 Tabata Bea	NEW 6:00 - 6:45 STRONG Cycle Jolene (<i>Start 9/15</i>)			
	NEW 7:00 - 8:00 Total Body Nick		NEW 7:00 - 8:00 Zumba * ANA A (<i>Virtual</i>)	NEW 7:00 - 7:30 Rock Solid Nick S		

VIRTUAL * - CYCLE - HIGH INTENSITY - LOW/MID INTENSITY - *Classes w/ extra fee require registration*

FALL SCHEDULE EFFECTIVE SEPTEMBER 7th, 2021

Please refer to the Darien Y App or website schedule for instructor rotation and sub updates Rev. 09/01/2021