



GROUP FITNESS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Labor Day Weekend 2019
Saturday, August 31 – Monday, September 2

Saturday, August 31

Sunday, September 1

**Monday, September 2
(Open 8:00a–12:00p)**

9:15–10:15 AM

Cycle

Colleen
Cycle Studio

8:00–9:00 AM

**Laughter Yoga &
Meditation**

Amy O
Studio C

9:30–10:30 AM

Cycle

Norm
Cycle Studio

10:30–11:30 AM

**Strength Train
Together**

Jenna
Studio A/B

8:30–9:30 AM

Cycle

Norm
Cycle Studio

10:30–11:30 AM

Yoga

Robin
Studio C

10:30–11:30 AM

L & L Yoga

Amy V
Studio C

9:15–10:15 AM

Defend Together

Denise
Studio A/B

9:15–10:15 AM

Y-Method

Robin
Studio C

10:30–11:30 AM

**Strength Train
Together**

Jenna
Studio A/B

11:45–12:45 PM

Vinyasa Yoga

Ana
Studio C

**CLASSES / INSTRUCTORS ARE SUBJECT TO CHANGE. PLEASE CHECK SCHEDULE ONLINE
WESTPORTY.ORG/SCHEDULES (MID-PAGE) OR ON OUR APP.**

WESTPORT WESTON FAMILY YMCA

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QUESTIONS?

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