



# GROUP FITNESS SCHEDULE\*

(updated 4/29/2021) \*subject to change

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15a Cycle Serge Gym		6:15a Cycle Alice Gym		8:10-9:05a Pilates Alice Studio A	
8:45-9:30a Bootcamp Judy Outdoor / B	8:00a Core Barre Francesca Studio B	8:45-9:30a Bootcamp Judy Outdoor / Gym	9:15a MOSSA Group Power Judy Studio A		8:15a Cycle Mary Ann Gym	
9:00a MOSSA Group Ride Michelle A Gym	8:15-9:00a Cycle Express Denise Gym	9:00a Yoga Susan J Studio C		9:00a Yoga Danielle Studio C	9:00a Zumba Jamie Studio B	9:00a Cycle Norm/Fred Studio B
9:15a Pilates Barre Susan P Studio A	9:15a Yoga Steve Studio C	9:15a Pilates Barre Susan P Studio A		9:15a MOSSA Group Fight Denise Studio A	9:15a Pilates Alice Studio A	9:00a MOSSA Group Fight Denise Studio A (9:10a beg 5/9)
	9:30a Cycle & Sculpt Denise Gym		9:30a Cycle & Sculpt Denise Gym	9:30a Cycle Lory Gym		
10:00a (beg 5/3) Y Method & Move Judy Studio B	10:30a Pilates Mix Alice Studio A		10:30a Pilates Mix Alice Studio A	10:30a MOSSA Group Power Michelle A Studio A	10:30a MOSSA Group Power Brian Studio A	10:15-11:00a Strength & Sculpt Denise Studio A
10:30a MOSSA Group Power Michelle A Studio A	10:30a (beg 5/4) Essentrics Dyan Studio C	10:30a MOSSA Group Power Michelle A Studio A	10:30a (beg 5/6) Essentrics June Studio C	10:30a Pilates Barre Jane Studio B	10:30a Kickboxing Lacy Studio B	10:30a Yoga Stretch & Strength Robin Studio C

Group Fitness information: [westparty.org/schedules](http://westparty.org/schedules)

Register for your class: mobile app or [westparty.motionvibe.com](http://westparty.motionvibe.com)

OUTDOOR classes: Meet in the lobby. Please note Studio location in the event of inclement weather.

Please bring your own mat, props and water bottle.

Classes are 1 hour unless otherwise noted.

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**12:30p**

**Kundalini**

Greg

**Outdoor / C**

**12:30p**

**Yoga**

Danielle

**Studio C**

**12:30p**

**Kundalini**

Mark

**Studio C**

**4:15p**

**Yoga**

Mark

**Studio C**

**4:30p**

**Qigong**

Michelle Q

**Studio C**

**5:30p**

**Yoga**

Nancy F

**Studio C**

**5:30p**

**Pilates Barre**

Francesca

**Studio C**

**5:30p**

**Pilates**

Jane

**Studio B**

**5:45p**

**Body Conditioning**

Lacy

**Studio A**

**6:00p**

**Body Conditioning**

Lacy

**Studio A**

**5:30p**

**MOSSA Group Power**

Allyson

**Studio A**

**5:45p**

**Body Conditioning**

Samantha

**Studio A**

**6:45-8:00p**

**Yoga + Meditation**

Greg

**Studio C**

**VIRTUAL WELLNESS PLATFORM:**

<https://westporty.org/y-wellness-24-7/>

**WESTPORT WESTON FAMILY YMCA**

14 Allen Raymond Lane, Westport, CT 06880

203-226-8981 westporty.org

**QUESTIONS?**

Denise D. Hotch, Fitness Coordinator

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