



GROUP FITNESS SCHEDULE*

(Effective April 4) *subject to change

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MON	TUE	WED	THU	FRI	SAT	SUN
	6:15a Cycle Serge Gym		6:15a Cycle Serge (Alice beg 4/22) 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 Strength Train Together Judy Studio A		8:15a Cycle Mary Ann Gym	
9:00a Group Ride Michelle A Gym	8:15-9:00a Cycle Express Denise Gym	9:00a Yoga Susan J Studio C VIRTUAL		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 Strength & Sculpt Denise Studio A	9:15a Pilates Alice Studio A	9:00a Defend Together Denise Studio A
	9:30a Cycle & Sculpt Denise Gym		9:30a Cycle & Sculpt Denise Gym	9:30a Cycle Lory Gym		
	10:30a Pilates Mix Alice Studio A	10:00a Cardio & Core Tanya Studio B	10:30a Pilates Mix Alice Studio A	10:30a Strength Train Together Michelle A Studio A	10:30a Strength Train Together Brian Studio A	10:15-11:00a Strength & Sculpt Denise Studio A
10:30a Strength Train Together Michelle A Studio A		10:30a Strength Train Together Michelle A Studio A	10:30a Essentrics June (beg May 6) Studio C	11:45a Pilates Barre Jane VIRTUAL	10:30a Kickboxing Lacy Studio B	10:30a Yoga Stretch & Strength Robin Studio C

Group Fitness information: westparty.org/schedules

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.

Register for your class: westparty.motionvibe.com

Classes are 1 hour unless otherwise noted.

MON TUE WED THU FRI SAT SUN

12:30p
Kundalini
 Greg (beg 4/19)
Studio 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
VIRTUAL

VIRTUAL:
 Register via mobile app or westporty.motionvibe.com:
 a. Find your VIRTUAL Class and click on REGISTER NOW
 b. Click VIEW DETAILS
 c. Zoom link in the class DESCRIPTION

5:30p
(5:45p beg 4/19)
Body Conditioning
 Britt (Lacy beg 4/19)
Studio A

6:00p
Body Conditioning
 Lacy
Studio A

5:30p
Strength Train
Together
 Allyson
Studio A

5:30p
(5:45p beg 4/19)
Body Conditioning
 Britt (Samantha beg 4/22)
Studio A

6:45-8:00p
Yoga + Meditation
 Greg (beg 4/22)
Studio C

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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