

FALL 2017
effective 5th SEPT 2017

BRONX HOUSE

990 Pelham Parkway S
Bronx, NY 10461
718.792.1800, ext. 244
www.bronxhouse.org

FALL FITNESS HOURS
Mon–Fri 8:30am–8:45pm
Sat/Sun–8:30am–4:45pm

Classes, times, and
instructors are subject to
change or cancellation.

FITNESS CLASSES

MONDAY

SENIOR CONDITIONING

9:15-10:15am
Chris (GYM)

YOGA-LATES *NEW*

9:30-10:30am
Lee (Studio)

BOOT CAMP

6:30-7:30pm
Chris (AUD)

ZUMBA

7:30-8:30PM
Danilo (AUD)

HEEL DIVAS CARDIO

7:30–8:30pm
Sibo (Studio)

TUESDAY

SILVER SNEAKERS

9:15-10:15am
Catherine (GYM)

CORE CIRCUIT *NEW*

9:30-10:30am
Joel (Studio)

AQUA ZUMBA

10:45-11:30am
Deniece (Pool)

KILLER ABS

6:00-6:45pm
Cherelle (Studio)

INDOOR CYCLING

6:45-7:30pm
Cherelle (Studio)

YOGA SCULPT

7:30-8:30pm
Renee (Studio)

WEDNESDAY

CHAIR YOGA

9:00-9:30am
Judy (GYM)

YOGA-LATES *NEW*

9:35-10:20am
Lee (GYM)

SENIOR CONDITIONING

10:45-11:45am
Chris (PA 7/8)

TRX INTERVAL

6:45-7:30pm
Anthony (Studio)

ZUMBA

7:30-8:30pm
Danilo (AUD)

CORE FLEX

7:30–8:30pm
Catherine (Studio)

THURSDAY

SILVER SNEAKERS

9:15-10:15am
Catherine (GYM)

ZUMBA GOLD

9:30–10:30am
Deniece (Studio)

INDOOR CYCLING

10:45–11:45am
Cherelle (Studio)

AQUA ZUMBA

10:45–11:30am
Deniece (Pool)

ZUMBA STEP

6:15-7:00pm
Natasha (AUD)

VINYASA FLOW

6:30-7:30pm
Angela (Studio)

CORE CIRCUIT *NEW*

7:30–8:30pm
Joel (Studio)

FRIDAY

BOOT CAMP

8:30-9:30am
Chris (Studio)

WATER WORKS

10:45-11:30am
Borin (POOL)

SYNERGY SGT

6:00/6:30pm
Anthony (Fitness Ctr)
(sign up early in FC)

SATURDAY

ZUMBA TONING

9:30-10:30am
Dena (AUD)

KIDS YOGA

9am and 10am
(Pre-registration
Required—see Office)

ZUMBA GOLD

11am–12pm
Tony (Studio)

VINYASA YOGA

12:00-1:00pm
Joanne (Studio)

SUNDAY

YOGA FLOW

10:00-11:00am
Denise (Studio)

MEDITATION

11:00-11:30am
Denise (Studio)