



# Winter GroupX Schedule

Effective January 2, 2022

## MONDAY

**Senior Conditioning**  
w/Chris  
10:15-11:15am  
(Gymnasium)

**Vinyasa Yoga**  
w/Joann  
6-7pm  
(Studio)

## TUESDAY

**Zumba**  
w/Alex  
6-7pm  
(Auditorium)

**Total Body Conditioning**  
w/Miguel **NEW!**  
7-8pm  
(Auditorium)

## WEDNESDAY

**Senior Conditioning**  
w/Chris  
10:15-11:15am  
(Gymnasium)

**Zumba**  
w/Jose  
6-7pm  
(Auditorium)

## THURSDAY

**Total Body Conditioning**  
w/Miguel **NEW!**  
6-7pm  
(Auditorium)

**Core and Stretch**  
w/Miguel **NEW!**  
7-8pm  
(Auditorium)

## FRIDAY

**Senior Conditioning**  
w/Chris  
9-10am  
(Auditorium)

**Zumba**  
w/Jose  
6-7pm  
(Auditorium)

## SATURDAY

**Zumba**  
w/Dena  
9-10am  
(Auditorium)

**Total Body Conditioning**  
w/Miguel **NEW!**  
10-10:45am  
(Auditorium)

**Spin**  
w/Alexa  
10:45-11:30am  
(Studio)

## SUNDAY

**Aqua Zumba**  
w/Gwyn **NEW!**  
9-10am  
(Pool)

**Kids Yoga**  
w/Donna **NEW!**  
9:15am-10am  
(Auditorium)

**Zumba Kids**  
w/Gwyn **NEW!**  
10-11am  
(Auditorium)

### Fitness Center Hours

Monday–Friday: 9:15am-8:45pm  
Saturday: 8:30am-4:45pm  
Sunday: 9am-4:45pm

### Questions or Concerns? Please contact:

Jonathan Acosta, Director of Fitness & Wellness  
jonathan@bronxhouse.org or (718) 792-1800, ext 244  
Visit bronxhouse.org

*All classes, times, & instructors are subject to change or cancellation.*