



# Fall GroupX Schedule

Effective September 7, 2022

## MONDAY

**Senior Conditioning**  
w/Chris  
9:30-10:30am  
(Gymnasium)

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

**Pilates**  
w/Gloria  
7-8pm  
(PA Room 7)

## TUESDAY

**Gentle Yoga**  
w/Jazy  
9:15-10:15am  
(Fitness Studio)

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

**STRONG Nation**  
w/Miguel  
7-8pm  
(Auditorium)

**Total Body Conditioning**  
w/Miguel  
8-9pm  
(Auditorium)

## WEDNESDAY

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

**Yoga**  
w/Audi  
6-7pm  
(Fitness Studio)

**Zumba**  
w/Surianny  
7-8pm  
(Auditorium)

## THURSDAY

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

**Core and Stretch**  
w/Miguel  
8-9pm  
(Auditorium)

## FRIDAY

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

**Yoga**  
w/Audi  
5-6pm  
(Fitness Studio)

**Pilates**  
w/Gloria  
6-7pm  
(Fitness Studio)

**Zumba**  
w/Surianny  
7-8pm  
(Auditorium)

## SATURDAY

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

**Total Body Conditioning**  
w/Miguel  
10-11am  
(Auditorium)

**Pilates**  
w/Gloria  
11am-12pm  
(Fitness Studio)

## SUNDAY

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

**Kids Yoga**  
w/Donna  
9am-9:45am  
(PA Room 7)

**Zumba Kids**  
w/Gwyn  
10-10:45am  
(Auditorium)

### Fitness Center Hours

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