



Fall GroupX Schedule

Effective October 18, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Senior Conditioning w/Chris 9:30-10:30am (Gymnasium)	Gentle Yoga w/Passion 9:15-10:15am (Fitness Studio)	Senior Conditioning w/Chris 10:15-11:15am (Gymnasium)	Hatha Yoga w/Passion 6-7pm (Fitness Studio)	Senior Conditioning w/Chris 9-10am (Auditorium)	Zumba w/Dena 9-10am (Auditorium)	Aqua Zumba w/Gwyn 9-10am (Pool)
Vinyasa Yoga w/Joann 6-7pm (Fitness Studio)	Zumba w/Alex 6-7pm (Auditorium)	Yoga w/Audi 6-7pm (Fitness Studio)	Total Body Conditioning w/Miguel 7-8pm (Auditorium)	Yoga w/Audi 5-6pm (Fitness Studio)	Total Body Conditioning w/Miguel 10-11am (Auditorium)	Kids Yoga w/Donna 9am-9:45am (PA Room 7)
Pilates w/Gloria 7-8pm (PA Room 7)	STRONG Nation w/Miguel 7-8pm (Auditorium)	Zumba w/Surianny 7-8pm (Auditorium)	Core and Stretch w/Miguel 8-9pm (Auditorium)	Pilates w/Gloria 6-7pm (Fitness Studio)	Pilates w/Gloria 11am-12pm (Fitness Studio)	Zumba Kids w/Gwyn 10-10:45am (Auditorium)
	Total Body Conditioning w/Miguel 8-9pm (Auditorium)			Zumba w/Surianny 7-8pm (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.