



# Winter GroupX Schedule

Effective Tuesday, January 31, 2023

## MONDAY

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

**Zumba**  
w/Ashley  
5-5:50pm  
(Fitness Studio)

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

**Pilates**  
w/Gloria  
7:10-8:10pm  
(Fitness Studio)

## TUESDAY

**Gentle Yoga**  
w/Passion  
9-10am  
(Fitness Studio)

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

**Barre**  
w/Ashley  
7-8pm  
(PA Studio 7)

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

## WEDNESDAY

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

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

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

## THURSDAY

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

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

## FRIDAY

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

**Yoga**  
w/Passion  
5-5:50pm  
(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)

### 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](http://bronxhouse.org)

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