



Spring GroupX Schedule

Effective Tuesday, May 9, 2023

MONDAY

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

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

Cardio Kickboxing
w/Anthony
7-7:45pm
(Auditorium)

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)

Cardio Kickboxing
w/Anthony
8-8:45pm
(Auditorium)

WEDNESDAY

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

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

Cardio Boxing
w/Dave
7-7:45pm
(Auditorium)

THURSDAY

Cardio Kickboxing
w/Anthony
5-5:45pm
(Fitness Studio)

Yoga
w/Natalie
6-7pm
(Fitness Studio)

Zumba
w/Ashley
7-8pm
(Auditorium)

FRIDAY

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

Yoga
w/Passion
5-5:50pm
(Fitness Studio)

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

Cardio Boxing
w/Dave
7--7:45pm
(Auditorium)

SATURDAY

Zumba
w/Dena
9-10am
(Auditorium)

Cardio Kickboxing
w/Anthony
10-11am
(Fitness Studio)

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

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