



Fall GroupX Schedule

Effective Monday, September 18, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Senior Conditioning w/Chris 9:30-10:30am (Auditorium)	Zumba w/Alex 6-6:55pm (Auditorium)	Senior Conditioning w/Chris 10:15-11:15am (Auditorium)	Cardio Kickboxing w/Anthony 6-6:45pm (Fitness Studio)	Senior Conditioning w/Chris 9-10am (Auditorium)	Zumba w/Dena 9-10am (Auditorium)	Classes TBA
Vinyasa Yoga w/Joann 6-6:55pm (Fitness Studio)	Spin w/Alexis 7-7:45pm (Fitness Studio)	Zumba w/Renee 6-6:55pm (Fitness Studio)	Zumba w/Renee 7-7:55pm (Fitness Studio)	Yoga w/Audi 5-5:55pm (Fitness Studio)	Spin w/Alexis 10-10:45am (Fitness Studio)	
Pilates w/Gloria 7-7:55pm (Fitness Studio)		Cardio Kickboxing w/Anthony 7-7:45pm (Auditorium)		Pilates w/Gloria 6-6:55pm (Fitness Studio)	Pilates w/Gloria 11-11:55am (Auditorium)	
Cardio Kickboxing w/Anthony 7-7:45pm (Auditorium)				Cardio Boxing w/Dave 7-7:45pm (Auditorium)	Cardio Kickboxing w/Anthony 11-11:45am (Fitness Studio)	

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

Fitness Center Hours

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

Fitness Office Hours

Monday & Tuesday: 1-10pm
Wednesday & Thursday: 9:30am-6:30pm
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