



Summer GroupX Schedule

Effective Monday, July 1, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Senior Conditioning w/Chris 9:30-10:30am (Gymnasium)	Yoga w/Jessica 9-10am (Fitness Studio)	Senior Conditioning w/Chris 9-10am (Gymnasium)	Yoga w/Jessica 9-10am (Fitness Studio)	Senior Conditioning w/Chris 9-10am (Gymnasium)	Zumba w/Dena 9-10am (Auditorium)	Aqua Zumba w/Gwyn 9-10am (Pool)
Vinyasa Yoga w/Joann 6-6:55pm (Fitness Studio)	Zumba w/Alex 6-6:55pm (Auditorium)	Yoga w/Audi 6-6:55pm (Fitness Studio)	Boot Camp w/Laurhen 6-6:45pm (Fitness Center)	Yoga w/Audi 5-5:55pm (Fitness Studio)	Pilates w/Gloria 11-11:55am (Fitness Studio)	Yoga w/Jessica (Fitness Studio) 10-11am
Pilates w/Gloria 7-7:55pm (Fitness Studio)	Spin w/Lexie 7-7:45pm (Fitness Studio)	Cardio Kickboxing w/Anthony 7-7:45pm (Fitness Studio)	Zumba w/Renee 7-7:55pm (Auditorium)	Pilates w/Gloria 6-6:55pm (Fitness Studio)	Spin w/Lexie 12-12:45pm (Fitness Studio)	
Cardio Kickboxing w/Anthony 7-7:45pm (Auditorium)	Aqua Zumba w/Gwyn 7:15-8pm (Pool)	Pilates w/Gloria 7-7:55pm (PA Room 7)				
		Zumba w/Renee 8-8:55pm (Auditorium)				

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

Fitness Center Summer Hours
 Monday–Thursday: 9am-9:45pm
 Friday: 9am-6:45pm
 Saturday: 8:30am-3:45pm
 Sunday: 8:30am-1:45pm

Fitness Office Summer Hours
 Monday & Tuesday: 1-10pm
 Wednesday & Thursday: 9:30am-6:30pm
 Sunday: 8:30am-1:45pm

Questions or Concerns? Please contact:
 Jonathan Acosta, Director of Fitness & Wellness
 jonathan@bronxhouse.org or (718) 792-1800, ext 244
 Visit bronxhouse.org