

# Group Exercise Schedule

## Schedule Effective January 9 thru March 31

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
M O R N I N G	SENIOR CONDITIONING 9:15-10:15 (Judy) ~GYM~	SILVER SNEAKERS 9:15-10:00 (Jennifer) ~GYM~	DANCE SERIES 9:15-10:00 (Various Instructors) ~GYM~	SILVER SNEAKERS 9:15-10:00 (Jennifer) ~GYM~	SENIOR CONDITIONING 9:15-10:15 (Veronica) ~Gym~	ZUMBA 9:30-10:30 (Paul) ~AUD~
	*NEW* STEP & SCULPT 10:15-11:15 (Judy) ~STU~	*NEW* SPINNING 10:00-10:45 (Tracy) ~STU~	STRENGTH-TO-CORE 10:15-11:00 (Jennifer) ~STU~	SPINNING 10:30-11:15 (Jennifer) ~STU~	WARM WATER EXCERCISE 10:30-11:30 (Veronica) ~POOL~	TOTAL BODY CONDITIONING 11:00 – 12:00 (Veronica) ~AUD~
E V E N I N G	AQUAEROBICS 6:00-7:00 (Veronica) ~POOL~	*NEW* TABATA 6:00-6:30 (Jahfari) ~STU~	TOTAL BODY CONDITIONING 6:30-7:15 (Jennifer) ~STU~	*NEW* TABATA 6:00-6:30 (Jahfari) ~STU~	<b>LOCATION KEY</b>  <b>AUD:</b> Auditorium  <b>GYM:</b> Gymnasium  <b>PA:</b> Performing Arts  <b>STU:</b> Spinning Studio  <b>POOL :</b> Pool	
	TOTAL BODY CONDITIONING 6:15-700 (Tracy) ~STU~	SPINNING 6:30-7:15 (Veronica) ~STU~	*NEW* TAI CHI WORKOUT 7:00-7:45 (Diane) ~PA~	PILATES ADVANCED 6:30-7:15 (Diane) ~PA~		
	ZUMBA 7:30-8:30 (Paul) ~AUD~	PILATES 7:30-8:15 (Diane) ~PA~		ZUMBA 7:45-8:45 (Paul) ~AUD~		

### Group Exercise Guidelines

- Be Considerate of other member's exercise space.
- Classes and instructors are subject to change without notice.
- Members are not guaranteed access to class past 10-minutes of the start of any class. (Please be on time)
- Help us keep your exercise space tidy. Please return all equipment to its proper storage area.
- Please feel free to approach instructors if you have any questions or if it is your first time in class.
- If you are pregnant or have other medical challenges that may affect your workout, please inform the instructor and have a Personal Trainer revise your program.
- Please refrain from cell phone usage during class.
- You may only sign up for yourself; signing in for others is not permitted.
- \*\*Class size is limited for Spinning & ZUMBA. Sign-up will be available at the front desk for members 20-minutes prior to the start of class. Guest are permitted to register 10-minutes after the start of class for a 60-minute class and 5-minutes for a 45-minute class. Please be advised, if there is a waitlist, even a "signed in" member will forfeit their spot if they fail to show up within the first 10 minutes of the start of class.
- \*Spinning 15 participant maximum & ZUMBA 50 participant maximum\*
- \*\* New class
- ~~ Class Location



For more information please contact Bronx House at (718) 792-1800 ext. 244,  
or e-mail Victoria Tolbert: Fitness & Wellness Director at [Victoria@bronxhouse.org](mailto:Victoria@bronxhouse.org)