

the gym

66 Grove Street
Ridgefield, CT 06877

203.431.5000
www.thegym.com

hours of operation
Monday – Friday:
5:30a.m. – 9:00p.m.

Saturday & Sunday:
7:00a.m. – 6:00p.m.

childwatch hours
Monday – Saturday:
8:00a.m. – 12:00p.m.



Changes to schedule in orange

* indicates a 30- 45 minute class
** indicates rotating instructors
***Extended class 90 minutes
Sign-up is required for all Spin® and Just Weights Express Classes

All classes are 55 minutes unless otherwise indicated

GROUP FITNESS SCHEDULE

SPRING SCHEDULE: MAY 21, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 a.m. <i>Spin® Express*</i> Brandon	5:45 a.m. <i>Strength & Conditioning*</i> Elizabeth	5:45 a.m. <i>Spin® Express*</i> Heidi	5:45 a.m. <i>Strength & Conditioning*</i> Brandon	5:45 a.m. <i>Spin® Express*</i> Elizabeth		
	7:30 a.m. <i>Spin® Express*</i> Cris	7:30 a.m. <i>Strength & Conditioning Circuit*</i> Jim	7:30 a.m. <i>Pilates Mat</i> Nancy	7:30 a.m. <i>Strength & Conditioning Circuit*</i> Steve	7:30 a.m. <i>Strong by Zumba®</i> Jenny	
		8:30 a.m. <i>Spin® Express*</i> Cathy	7:30 a.m. <i>Spin® Express</i> Nicole	8:30 a.m. <i>Spin® Express*</i> Julia	8:00 a.m. <i>Spin®</i> **	8:00 a.m. <i>Spin®</i> **
8:30 a.m. <i>Zumba Express*</i> Jenny	8:30 a.m. <i>Sculpt & Strength Intervals</i> Erica	8:15 a.m. <i>Ashtanga Yoga</i> Valerie	8:30 a.m. <i>Strong by Zumba®</i> Jenny	8:30 a.m. <i>VBarre</i> Erica	8:30 a.m. <i>Strength & Conditioning Circuit</i> Erica	8:30 a.m. <i>Power Yoga</i> Melissa
9:15 a.m. <i>Just WeightsExpress*</i> Jenny						
9:30 a.m. <i>30/30/10</i> Erica	9:30 a.m. <i>Spin®</i> Cathy	9:30 a.m. <i>Spin®</i> Deena	9:30 a.m. <i>Spin®</i> Cris	9:30 a.m. <i>Spin®</i> Deena	9:30 a.m. <i>Spin®</i> Deena	9:30 a.m. <i>30/20/10</i> **
	9:40 a.m. <i>Strong by Zumba®</i> Jenny & Naomi	9:40 a.m. <i>Zumba</i> Naomi	9:40 a.m. <i>Power Intervals</i> Naomi	9:40 a.m. <i>Just Weights</i> Jenny	9:40 a.m. <i>Zumba®</i> Naomi	
10:45 a.m. <i>Yin Flow</i> Valerie	10:45 a.m. <i>Yoga Basics</i> Michael	10:45 a.m. <i>VBarre*</i> Naomi		10:45 a.m. <i>Zumba</i> Jenny	10:45 a.m. <i>Vinyasa Flow</i> Valerie	10:30 a.m. <i>Zumba® Express*</i> Sam
4:45 p.m. <i>Pilates Mat Fusion</i> Nancy		4:45 p.m. <i>Pilates Mat Fusion</i> Nancy		4:45 p.m. <i>Pilates Plus</i> Nancy	LIKE US ON  FOLLOW US ON INSTAGRAM @thegymridgefield 	
5:45 p.m. <i>Zumba Express*</i> Sam	5:45 p.m. <i>Strength</i> Philomena	5:45 p.m. <i>Just Weights Express*</i> Erica	5.45 p.m. <i>Zumba Express*</i> Jenny			
6:00 p.m. <i>30/20/10</i> Naomi	6:00 p.m. <i>Spin® Express*</i> Candis	6:30 p.m. <i>Super Spin Express*</i> Erica	6.00 p.m. <i>30/20/10</i> Candis			
	6:45 p.m. <i>Power Yoga</i> Melissa		7:00 p.m.*** <i>Yoga for Mind, Body & Spirit</i> Valerie			