



Stamford

GROUP FITNESS SCHEDULE

EFFECTIVE 4/12/21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AQUA FITNESS W/SHEILA POOL 9AM-10AM		AQUA FITNESS W/SHEILA POOL 9AM-10AM		AQUA FITNESS W/SHEILA POOL 9AM-10AM	
					ZUMBA W/SANDRA GYM 10:30AM – 11:30AM
ZUMBA W/SANDRA STUDIO 12:15 PM – 1:15PM					
YOGA W/VIKI STUDIO 1:15PM-2:15PM				YOGA W/VIKI STUDIO 1PM-2PM	
ZUMBA W/FRANCI STUDIO 6PM-7PM		ZUMBA W/FRANCI STUDIO 6PM-7PM			

- **RESERVATIONS ARE REQUIRED**
- Please bring your own Yoga mats.
- We no longer offer towel service. Please bring a towel if needed
- If you have a cough, fever, or symptoms of COVID-19, please do not come to the class until your symptom free and fever-free for three days.
- If you have tested positive for COVID-19 or have knowingly come into close contact with someone who has, we ask that you do not come to the class for 14 days or until you've tested negative for COVID-19.
- If you feel unwell or have any concerns about coming into a class, please stay home and stay safe. We'll happily welcome you back when you're healthy and feel comfortable coming back.
- *Schedule is subject to change without notice

THE STAMFORD FAMILY YMCA | 10 BELL STREET, STAMFORD, CT 06901 | (203) 357-7000 | WWW.STAMFORDYMCA.ORG