

20 Group Exercise 20 & Aquatics Schedule January

*Classes subject to change in time and instructor. Descriptions and information available at ywcagr.org/group-exercise



For questions, contact Member Services at 203-869-6501 ext. 100

ywcagreenwich.org • 203-869-6501 • 259 East Putnam Ave, Greenwich, CT 06830

YWCA Greenwich

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	NEW! Circuit Training 6:15-7:00 am Sue Fitness Studio			YW Floats 6:15-7:00 am			
7:00 AM	Lap Swim 7:00-9:00 am	NEW! Spin & Strength 7:00-7:45 am Wendy R. Lap Swim 6:30-9:00 am Sunrise Yoga 7:30-8:45 am Herma Dance Studio	Lap Swim 7:00-9:00 am NEW! Spinning 7:15-8:00 am Caroline	Lap Swim 6:30-9:00 am	YW Floats 7:00-7:45 am Lap Swim 7:00-9:00 am		
8:00 AM	Circuit Training 8:00-9:00 am Sue Fitness Studio		Body Barre 8:00-9:00 am Wendy Fitness Studio		TRX/Kettlebell 8:00-9:00 am Sue Fitness Studio Barre & Core 8:00-9:30 am Wendy R. Dance Studio	TRX/Kettlebell 8:30-9:30 am Sue Fitness Studio	
9:00 AM	Lap Swim 9:00-10:00 am Boutelle Lifetime Fitness 9:00-10:00 am Mary Room B Body Barre 9:00-10:00 am Francesca Dance Studio Spinning 9:15-10:15 am Shelley	Lap Swim 9:00-10:00 am Mat Pilates 9:00-10:00 am Elise Dance Studio YW Strength 9:15-10:15 am Kyle/Sue Fitness Studio YW Floats 9:30-10:15 am	Lap Swim 9:00-10:00 am Tai Chi 9:00-10:00 am Wendy M. Dance Studio Kettlebell 9:15-10:15 am Sue Fitness Studio	Lap Swim 9:00-10:00 am Boutelle Lifetime Fitness 9:00-10:00 am Mary Room B NEW! Barre 9:00-10:00 am Francesca Dance Studio YW Strength 9:15-10:15 am Kyle/Sue Fitness Studio	Lap Swim 9:00-10:00 am Spin & Sculpt 9:15-10:15 am Caroline	Vinyassa Yoga 9:00-10:00 am Annmarie Dance Studio Kickboxing 9:30-10:30 am Ben Fitness Studio	Family & Lap Swim 9:00-10:00 am NEW! Core Express 9:00-9:30 am Wendy R. Dance Studio Kettlebell 9:30-10:30 am Sue Fitness Studio

YWCA Greenwich

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 AM	Lap Swim 10:00-11:00 am Pickleball 10:00-12:00 pm Gymnasium	Lap Swim 10:00-11:00 am Adult Ballet 10:00-11:30 am Cynthia Dance Studio	Lap Swim 10:00-11:00 am Adult Ballet 10:00-11:30 am Cynthia Dance Studio	Lap Swim 10:00-11:00 pm Ballates 10:30-11:30 am Elise Fitness Studio Hatha Yoga 10:30-11:30 am Francesca Dance Studio	Adult Ballet 10:00-11:30 am Cynthia Dance Studio Pickleball 10:00-12:00 pm Gymnasium		<i>Begins 2/2</i> Kayaking 9:00-10:00 pm Kayaking 10:00-11:00 pm
11:00 AM	Lap Swim Aqua Fit 11:00-12:00 pm	Lap Swim 11:00-12:00 pm	Lap Swim Aqua Fit 11:00-12:00 pm		Lap Swim Aqua Fit 11:00-12:00 pm		Kayaking 11:00-12:00 pm
12:00 PM	YW Floats 12:00-12:45 pm Lap Swim 12:00-3:30 pm	Lap Swim 12:00-3:30 pm	Lap Swim 12:00-3:30 pm <i>NEW!</i> Aqua Recovery 12:00-12:45 pm	Lap Swim 12:00-3:30 pm Aqua Fit 12:00-1:00 pm	Lap Swim 12:00-3:30 pm	YW Floats 12:30-1:15 pm Family & Lap Swim 12:30-1:30 pm	Family & Lap Swim 12:00-1:00 pm
1:00 PM	Lap Swim 1:00-2:00 pm	Lap Swim 1:00-2:00 pm Aqua Fit 1:15-2:15 pm	Core Strength & Balance 1:00-2:00 pm Shree Fitness Studio	Seniorcize 1:00-2:00 pm Wendy R. Fitness Studio			Family & Lap Swim 1:00-2:45 pm
2:00 PM	Core Strength & Balance 2:00-3:00 pm Shree/Fitness Studio	Senior Strength 1:00-2:00 pm Garrett Fitness Studio	Stretch & Restore 2:00-3:00 pm Shree Fitness Studio				
3:00 PM						Family & Lap Swim 3:15-4:45 pm	
6:00 PM	<i>NEW!</i> Spin & Sculpt 6:15-7:00 pm Caroline	<i>NEW!</i> Kickboxing 6:00-7:00 pm Ben Fitness Studio	Open Badminton 6:30-9:30 pm Gymnasium	<i>NEW!</i> Tai Chi 6:30-7:15 pm Wendy M. Dance Studio	Open Badminton 6:30-9:30 pm Gymnasium		
	Open Badminton 6:30-9:30 pm Gymnasium						
8:00 PM	Lap Swim 8:30-9:30 pm	Lap Swim 8:30-9:30 pm	Lap Swim 8:30-9:30 pm	Lap Swim 8:30-9:30 pm	Family & Swim 8:30-9:30 pm		

Save the date!

Women's Power and Vote at 100

.....A Conversation About Empowering Women

January 23
6:30 - 8:00 pm
YWCA Greenwich

To honor the legacy of Dr. Martin Luther King, Jr., YWCA Greenwich is proud to co-sponsor and host a panel discussion with:

Sheryl Battles, Vice President, Global Diversity, Inclusion & Engagement, Pitney Bowes

Gretchen Carlson, American Television Commentator, Journalist, and Author

Denise W. Merrill, Connecticut Secretary of the State

Patti Russo, Executive Director, Women's Campaign School at Yale University

Free & Open to the Community
RSVP Requested
ywcagr.org/drkingevent

Preschool/Summer Camp Open House

January 26
12:00-3:00 pm
YWCA Greenwich

Join us at our annual Open House to learn about YWCA Greenwich Preschool/After-School and Summer Camp Programs!

For more information, please contact Geri Smiles at g.smiles@ywcagreenwich.org