

20 Group Exercise 20 & Aquatics Schedule February

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

	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 15 min abs 10:15-10:30 am Caroline Fitness 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		Kayaking 10:00-11:00 am
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 12:00-3:45 pm	Lap Swim 12:00-3:45 pm	Lap Swim 12:00-3:45 pm Aqua Recovery 12:00-12:45 pm	Lap Swim 12:00-3:45 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		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	Open Badminton 6:30-9:30 pm Gymnasium	NEW! Kickboxing 6:00-7:00 pm Ben Fitness Studio	Open Badminton 6:30-9:30 pm Gymnasium	NEW! Tai Chi 6:30-7:15 pm Wendy M. Dance Studio	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!

Speak Up, Speak Out: Celebrating Our Stories with Kane Smego

February 27
6:30-8:00 pm
YWCA Greenwich

This dynamic interactive performance focuses on issues of race, gender, community building, and the stories that we all carry. Through spoken word poetry, Kane takes listeners on a journey exploring the role that our layered identities, experiences, and stories play in leadership, community engagement and building relationships across lines of difference.

In celebration of Teen Dating Violence Awareness and Prevention Month

This event is FREE and open to the public.
Register at ywcagr.org/smego

The Transformative Power of Daily Reminders with Jerry Posner

February 29
10:30 am-12:00 pm
ywca greenwich

Is it time for a positive change? Jerry shares how well-written affirmations, prompts and lists could help you clarify goals, make or break habits, improve productivity, and increase well-being.

This event is FREE and open to the public.
Register at ywcagr.org/jerryposner