

20 Group Exercise 20 & Aquatics Schedule

March

*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				YW Floats 6:15-7:00 am			
7:00 AM	Lap Swim 7:00-9:00 am	Lap Swim 6:30-9:00 am NEW! Spin and Strength 7:00-7:45 am Wendy R. Sunrise Yoga 7:30-8:45 am Herma Dance Studio	Lap Swim 7:00-9:00 am	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 Sue/Kyle 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 Spinning 9:15-10:15 am Caroline	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 Sue/Kyle Fitness Studio	Lap Swim 9:00-10:00 am Spin & Sculpt 9:15-10:30 am Caroline	Vinyassa Yoga 9:00-10:00 am Annmarie Dance Studio Kickboxing 9:30-10:30 am Ben Fitness Studio	NEW! Core Express 9:00-9:30 am Wendy R. Dance Studio Kayaking 9:00-10:00 am 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 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 Betsy		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 Sue/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		* 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		

* Open Badminton dates for March: Friday 3/6 6:30 - 9:30 pm – 4 courts | Friday 3/13 6:30 - 9:30 pm – 4 courts
Normal schedule will resume on Wednesday 3/18

Save the date!

Preschool Swim Playdate!

March 5
12:30 - 2:00 pm
YWCA Greenwich
***Choose from one of four 30-minute swim sessions**

Come see our pool and meet our amazing swim instructors! Parents will learn safety rules as well as why swim lessons are important for children. Attend the event to be eligible to win free group swim lessons with a six-month youth membership.

This event is FREE. Limited spots available
 Register at ywcagr.org/swimplaydate

International Womens Day Workshop hosted by YNET

March 8
9:00 am - 1:00 pm
YWCA Greenwich

Calling all young women thinking about entering the workforce! Join us for free workshops - all led by powerful women - to help prepare you to become a professional! Topics include: Resume Writing, Maximizing the Impact of LinkedIn, Job Interviews, How to Dress Appropriately and Professionally, and Personal Finance.

Attendees will get a free professional head shot as well!
 For more information, contact Lexxie Anderson at
a.anderson@ywcagreenwich.org

Junior Babe Ruth Baseball Tryouts

March 15
9:00 am - 12:00 pm
YWCA Greenwich
Ages 12-17 years old

Please bring a bat, glove, and athletic sneakers

For more information, contact Kyle Wirtz at
k.wirtz@ywcagreenwich.org