

20 Group Exercise 20 Virtual Schedule June

Zoom: To register and receive the login, please click on the class you would like to attend.

Instagram: You do not need a login to access Instagram Live. Visit @ywcagreenwich for live workouts.

If you are unable to join us for our live Group Ex classes, be sure to check out our videos at ywcagreenwich.org



YWCA Greenwich

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM	At Home Strength 8:00-9:00 am Sue Zoom		At Home Strength 8:00-9:00 am Sue Zoom		At Home Strength 8:00-9:00 am Sue Zoom	Dolphin Stretch 8:00-8:45 am Ben Zoom	
	Seniorcize 9:15-10:00 am Wendy R Zoom		Barre 9:00-9:45 am Wendy R Zoom	Barre 9:00-9:45 am Francesca Zoom	Barre and Core 9:15-10:00 am Wendy R Zoom	Kickboxing 9:00-9:45 am Ben Zoom	
10:00 AM		Adult Ballet 10:00-11:30 am Cynthia Zoom	Adult Ballet 10:00-11:30 am Cynthia Zoom	QiGong 10:00-10:45 am Wendy R Zoom	Adult Ballet 10:00-11:30 am Cynthia Zoom	Yoga 10:00-11:00 am Annmarie Zoom	At Home Strength 10:15-11:15 am Sue Zoom
							Kickboxing 10:00-10:45 am Ben Instagram Live
11:00 AM	Boutelle 11:00 am-12:00 pm Mary & Tracey Zoom			Senior Stretch & Strength 11:00-11:45 am Garrett Zoom	Tai Chi 11:00-11:45 am Wendy M Zoom	At Home Strength 11:15-12:15 pm Sue Zoom	
12:00 PM				Boutelle 11:00 am-12:00 pm Mary & Tracey Zoom			
1:00 PM		Land Aquacize 12:00-12:45 pm Wendy R Zoom					
5:00 PM		Pilates 1:00-2:00 pm Wendy R Zoom					Dolphins Stretch 5:00-5:45 pm Ben Zoom