

20 Group Exercise 20 Virtual Schedule August

Beginning July 13, YWCA Greenwich will be offering live classes on site.

To register for Group Exercise Classes, please [click here](#).

You will receive an email with further instructions.

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		TRX/Kettle Bells 8:00-9:00 am Sue Tennis Courts	At Home Strength 8:00-9:00 am Sue Zoom	TRX/Kettle Bells 8:00-9:00 am Sue Tennis Courts	At Home Strength 8:00-9:00 am Sue Zoom	Dolphin Stretch 8:00-8:45 am Ben Zoom	
9:00 AM	Spin 9:00 - 10:00 am Shelley Spin Studio		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 9:00-10:00 am Ben Fitness Studio	Boot Camp 9:00 - 10:00 am Sue Tennis Courts
	Balance & Strength 9:15-10:00 am Wendy R Zoom		Spin & Sculpt 9:00 - 10:00 am Caroline Spin Studio			Spin 9:00 - 10:00 am Sue Spin Studio	
10:00 AM		Adult Ballet 10:00-11:30 am Cynthia Zoom	Adult Ballet 10:00-11:30 am Cynthia Zoom	QiGong 9:45-10:30 am Wendy R Zoom	Adult Ballet 10:00-11:30 am Cynthia Zoom	Yoga 10:00-11:00 am Annmarie Zoom	
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		
				Boutelle 11:00 am-12:00 pm Mary & Tracey Zoom			
12:00 PM		Land Aquacize 12:00 - 12:45 pm Wendy R Zoom					
1:00 PM		Pilates 1:00-2:00 pm Wendy R Zoom					