

20 Group Exercise 20 Virtual Schedule October

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



	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	Qi Gong 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			Boutelle 11:00 am-12:00 pm Mary & Tracey Zoom			
	Aqua Fit 11:15 am-12:00 pm Wendy R Pool						
12:00 PM		Land Aquacize 12:00-12:45 pm Wendy R Zoom	Senior Stretch & Strength 12:00-1:00 pm Garrett Zoom		Tai Chi 12:00-12:45 pm Wendy M Zoom		
1:00 PM		Pilates 1:00-2:00 pm Wendy R Zoom		Aqua Fit 1:15-2:00 pm Wendy R Pool			