

# 20 Group Exercise 20 Virtual Schedule

## September

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](http://ywcagreenwich.org)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8:00 AM</b>		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	
<b>9:00 AM</b>	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 9:00-9:45 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	
<b>10:00 AM</b>		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	
<b>11:00 AM</b>	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		
	Aqua Fit 11:15 am-12:00 pm Wendy R Pool			Boutelle 11:00 am-12:00 pm Mary & Tracey Zoom			
<b>12:00 PM</b>		Land Aquacize 12:00-12:45 pm Wendy R Zoom					
<b>1:00 PM</b>		Pilates 1:00-2:00 pm Wendy R Zoom		Aqua Fit 1:15-2:00 pm Wendy R Pool			