

# 20 Group Exercise 20 Virtual Schedule

## November

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<br>8:00-9:00 am<br>Sue<br>Tennis Courts | At Home Strength<br>8:00-9:00 am<br>Sue<br>Zoom               | TRX/Kettle Bells<br>8:00-9:00 am<br>Sue<br>Tennis Courts | At Home Strength<br>8:00-9:00 am<br>Sue<br>Zoom    | Dolphin Stretch<br>8:00-8:45 am<br>Ben<br>Zoom |  |
| <b>9:00 AM</b>  | Spin<br>9:00 - 10:00 am<br>Shelley<br>Spin Studio      |  | Barre<br>9:00-9:45 am<br>Wendy R<br>Zoom                      | Barre<br>9:00-9:45 am<br>Francesca<br>Zoom               | Barre and Core<br>9:15-10:00 am<br>Wendy R<br>Zoom | Spin<br>9:00 - 10:00 am<br>Sue<br>Spin Studio  | Boot Camp<br>9:00 - 10:00 am<br>Sue<br>Tennis Courts |
|                 | Balance & Strength<br>9:15-10:00 am<br>Wendy R<br>Zoom |  | Spin & Sculpt<br>9:00 - 10:00 am<br>Caroline<br>Spin Studio   |  |  |  |  |
| <b>10:00 AM</b> |  | Adult Ballet<br>10:00-11:30 am<br>Cynthia<br>Zoom        | Adult Ballet<br>10:00-11:30 am<br>Cynthia<br>Zoom             | Qi Gong<br>9:45-10:30 am<br>Wendy R<br>Zoom              | Adult Ballet<br>10:00-11:30 am<br>Cynthia<br>Zoom  | Yoga<br>10:00-11:00 am<br>Annmarie<br>Zoom     |  |
| <b>11:00 AM</b> | Boutelle<br>11:00 am-12:00 pm<br>Mary & Tracey<br>Zoom |  |   | Boutelle<br>11:00 am-12:00 pm<br>Mary & Tracey<br>Zoom   |  |  |  |
|                 | Aqua Fit<br>11:15 am-12:00 pm<br>Wendy R<br>Pool       |  |   |  |  |  |  |
| <b>12:00 PM</b> |  | Land Aquacize<br>12:00-12:45 pm<br>Wendy R<br>Zoom       | Senior Stretch & Strength<br>12:00-1:00 pm<br>Garrett<br>Zoom |  | Tai Chi<br>12:00-12:45 pm<br>Wendy M<br>Zoom       |  |  |
| <b>1:00 PM</b>  |  | Pilates<br>1:00-2:00 pm<br>Wendy R<br>Zoom               |   | Aqua Fit<br>1:15-2:00 pm<br>Wendy R<br>Pool              |  |  |  |