

2021 Group Exercise Virtual Schedule

January

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			At Home Strength 8:00-9:00 am Sue Zoom	Body Weight Cardio 8:00-9:00 am Sue Zoom	At Home Strength 8:00-9:00 am Sue Zoom	Dolphin Yoga 8:00-8:45 am Elyse Zoom	
					Spin 8:00-9:00 am Caroline Gymnasium North	Spin 8:45-9:45 am Sue Group Fitness	
9:00 AM	Spin 9:00 - 10:00 am Shelley Group Fitness	Spin 9:30 - 10:30 am Sue Group Fitness	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		Kettle Bell 9:00 - 10:00 am Sue Zoom
			Spin & Sculpt 9:00 - 10:00 am Caroline Group Fitness				
10:00 AM		Adult Ballet 10:00-11:30 am Cynthia Zoom	Adult Ballet 10:00-11:30 am Cynthia Zoom	Qi Gong Stretch 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			