

# 20 Group Exercise 21 Virtual Schedule

## March

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)



### YWCA Greenwich

|                 | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY  |
|-----------------|--|--|---|--|---|---|---|
| <b>8:00 AM</b>  |  | Cardio Strength<br>8:00-9:00 am<br>Sue<br>Zoom     |   | Body Weight Cardio<br>8:00-9:00 am<br>Sue<br>Zoom      | At Home Strength<br>8:00-9:00 am<br>Sue<br>Zoom     | Dolphin Yoga<br>8:00-8:45 am<br>Elyse<br>Zoom       |   |
|                 |  |  |   |  | Spin<br>8:00-9:00 am<br>Caroline<br>Gymnasium North | Spin<br>8:45-9:45 am<br>Sue<br>Group Fitness        |   |
|                 | Spin<br>9:00 - 10:00 am<br>Shelley<br>Group Fitness            |  | 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  |   | Kettle Bell<br>9:00 - 10:00 am<br>Sue<br>Zoom |
| <b>9:00 AM</b>  | Balance & Strength<br>9:15-10:00 am<br>Wendy R<br>Zoom         |  | Spin & Sculpt<br>9:00 - 10:00 am<br>Caroline<br>Group Fitness | Pickleball<br>9:30-11:30 am<br>Gymnasium               |   |   |   |
|                 | Pickleball<br>9:30-11:30 am<br>Gymnasium                       |  |   |  |   |   |   |
| <b>10:00 AM</b> | YWFloats<br>"Paddleboard Pilates"<br>10:30-11:15 am<br>Wendy R | 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          |   |
|                 |  |  |   |  |   | Body Weight Tabata<br>10:15-11:15 am<br>Sue<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                       |  |   |  |   |   |   |
| <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            |   |   |   |