

20 Group Exercise 21 Virtual Schedule May

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		Cardio Strength 8:00-9:00 am Sue Zoom	Weight and Core 8:00-8:45 am Wendy R 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	
	Spin 9:00 - 10:00 am Shelley 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
9:00 AM	Balance & Strength 9:15-10:00 am Wendy R Zoom		Spin & Sculpt 9:00 - 10:00 am Caroline Group Fitness	Pickleball 9:30-11:30 am Gymnasium			
	Pickleball 9:30-11:30 am Gymnasium						
10:00 AM	YWFloats "Paddleboard Pilates" 10:30-11:15 am Wendy R	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	
						Body Weight Tabata 10:15-11:15 am Sue 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						
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			