

# 20 Group Exercise 21 Virtual Schedule July

If you are unable to join us for our live Group Exercise Classes, register to take the class virtually by [clicking here](#).

You will receive an email with further instructions.



## YWCA Greenwich

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8:00 AM</b>		Cardio Strength 8:00-9:00 am Sue Zoom	Weight and Core 8:00-8:45 am Wendy R Zoom	TABATA/HITT Body Weight 8:00-9:00 am Sue Group Fitness	Stength w/ Dumbbells 8:00-9:00 am Sue Group Fitness	Spin 8:45-9:45 am Sue Spin Studio	
<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		Kettle Bell 9:00 - 10:00 am Sue Zoom
<b>9:00 AM</b>	Balance & Strength 9:15-10:00 am Wendy R Group Fitness/Zoom		Spin & Sculpt 9:00 - 10:00 am Caroline 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/Dance/Yoga	
<b>10:00 AM</b>						Body Weight Tabata 10:15-11:15 am Sue Zoom	
<b>11:00 AM</b>	Boutelle 11:00 am-12:00 pm Mary & Tracey Zoom			Boutelle 11:00 am-12:00 pm Mary & Tracey Zoom			
<b>11:00 AM</b>	Aqua Fit 11:15 am-12:00 pm Wendy R						
<b>12:00 PM</b>		Land Aquacize 12:00-12:45 pm Wendy R Zoom			Tai Chi 12:00-12:45 pm Wendy M Zoom		
<b>1:00 PM</b>		Pilates 1:00-2:00 pm Wendy R Zoom	Senior Stretch & Strength 1:00-2:00 pm Garrett Group Fitness	Aqua Fit 1:15-2:00 pm Wendy R Pool			
<b>6:00 PM</b>		Pickleball 6:00-8:00 pm Gymnasium South		Pickleball 6:00-8:00 pm Gymnasium South			