March 2023 Group Ex & Aquatics Schedule

Reservations are required for all Aquatics offerings. Please click here to make your reservation and hold your spot in the pool.
Night Swims: Monday - Thursday: 8:30pm-9:30pm, Friday: 7-9:30pm
To register for specific classes or for more information, go to www.ywcagreenwich.org.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	5:30 AM-7:00 AM Masters Swim		5:30 AM-7:00 AM Masters Swim		5:30 AM-7:00 AM Masters Swim		
6:00 AM							
7:00 AM	7:15 AM-8:00 AM Lap Swim	7:15 AM-8:00 AM Lap Swim	7:15 AM-8:00 AM Lap Swim	7:15 AM-8:00 AM Lap Swim	7:15 AM-8:00 AM Lap Swim		
8:00 AM	8:15 AM-9:00 AM Lap Swim	8:15 AM-9:00 AM Lap Swim 8:00 AM-9:00 AM Cardio Strength Sue Zoom	8:15 AM-9:00 AM Lap Swim 8:00 AM-8:45 AM Weight & Core Wendy R. Zoom 8:00 AM-9:00 AM Kettlebell Sue Hybrid Gym	8:15 AM-9:00 AM Lap Swim 8:00 AM-9:00 AM HIIT Bodyweight Sue Zoom	8:15 AM-9:00 AM Lap Swim 8:00 AM-9:00 AM Strength w/ Dumbbells Sue Group Fitness Studio Hybrid 8:00 AM-9:00 AM Spin Caroline Spin Studio		
9:00 AM	9:15 AM-10:00 AM Lap Swim 9:00 AM-1:00 PM Pickleball 9:00 AM-9:45 AM Balance & Strength Wendy R. Dance Studio Hybrid 9:15 AM-10:15 AM Spin Caroline G. Fitness Studio	9:15 AM-10:00 AM Lap Swim 9:00 AM-11:30 AM Pickleball	9:15 AM-10:00 AM Lap Swim 9:00 AM-9:45 AM Barre Wendy R. Zoom 9:15 AM-10:15 AM Spin & Sculpt Caroline G. Fitness Studio	9:15 AM-10:00 AM Lap Swim 9:00 AM-9:45 AM Barre Francesca Dance Studio	9:15 AM-10:00 AM Lap Swim 9:00 AM - 10:00 AM Barre & Core Wendy R. Zoom 9:00 AM-11:00 AM Pickleball	9:00 AM-10:00 AM Yoga Ann Marie Dance Studio Hybrid 9:00 AM-10:00 AM TABATA Sue Zoom	9:00 AM-10:00 AM Lap Swim and Family Swim 9:00 AM-10:00 AM Kettlebell Sue Zoom
10:00 AM	10:15 AM-11:00 AM Lap Swim	10:15 AM-11:00 AM Lap Swim 10:00 AM-11:30 AM Adult Ballet Cynthia Dance Studio	10:15 AM-11:00 AM Lap Swim 10:00 AM-11:30 Adult Ballet Cynthia Dance Studio	10:15 AM-11:00 AM Lap Swim 9:45 AM-10:30 AM Senior Stretch Wendy R. Zoom	10:15 AM-11:00 AM Lap Swim 10:00 AM-11:30 AM Adult Ballet Cynthia Dance Studio	10:30 AM-11:15 AM Fit In 5 Wendy Zoom	10:00 AM-11:00 AM Lap Swim
11:00 AM	11:15 AM-12:00 PM Lap Swim 11:00 AM-12:00 PM Boutelle Mary and Tracey Zoom 11:15 AM-12:00 PM Aqua Fit Wendy R.	11:15 AM-12:00 PM Lap Swim	11:15 AM-12:00 PM Lap Swim	11:00 AM-12:00 PM Boutelle Mary &Tracey Zoom	11:15 AM-12:00 PM Lap Swim		11:00 AM-12:00 PM Lap Swim and Family Swim
12:00 PM	12:15 PM-1:00 PM Lap Swim 9:00 AM-1:00 PM Pickleball Cont'd	12:15 PM-1:00 PM Lap Swim 12:00 PM-12:45 PM Seniorcize Wendy R. Zoom	12:15 PM-1:00 PM Lap Swim 12:00 PM-12:45 PM Aqua Fit Wendy R	12:15 PM-1:00 PM Lap Swim	12:15 PM-1:00 PM Lap Swim 12:00 PM-12:45 PM Tai Chi Wendy M. Dance Studio	12:15 PM-1:00 PM Lap Swim	12:00 PM-1:00 PM Lap Swim
1:00 PM	1:15 PM-2:00 PM Lap Swim 1:00 PM-2:00 PM Core Strength Shree Group Fitness Studio	1:15 PM-2:00 PM Lap Swim 1:00 PM-2:00 PM Pilates Wendy R. Zoom 1:00 PM-2:00 PM Senior Strength Garrett Group Fitness	1:15 PM-2:00 PM Lap Swim 1:00 PM-2:00 PM Stretch & Restore Sheree Dance Studio	1:15 PM-2:00 PM Lap Swim 1:15 PM-2:00 PM Aqua Fit Wendy R.	1:15 PM-2:00 PM Lap Swim		1:00 PM-2:00 PM Lap Swim and Family Swim
2:00 PM	2:15 PM-3:00 PM Lap Swim	2:15 PM-3:00 PM Lap Swim	2:15 PM-3:00 PM Lap Swim	2:15 PM-3:00 PM Lap Swim	2:15 PM-3:00 PM Lap Swim		2:00 PM-3:00 PM Lap Swim and Family Swim
3:00 PM						3:15 PM-4:00 PM Lap Swim and Family Swim	3:00 PM-4:00 PM Lap Swim and Family Swim
6:00 PM	6:30 PM-9:30 PM Badminton		6:30 PM-9:30 PM Badminton		6:30 PM-9:30 PM Badminton	4:00 PM-5:00 PM Lap Swim and Family Swim	

Aquatics | Group Fitness | Racket Sports