

Group Exercise

For links to Zoom or Hybrid classes, please [click here](#) or visit our website

Time	Class Name	Instructor	Location
MONDAY			
8:00 - 9:00	Fundamental Strength	Sue	Group Fitness Studio/Hybrid
9:00 - 9:45	Balance & Strength	Wendy R.	Dance Studio/Hybrid
9:15 - 10:15	Spin	Caroline G.	Spin Studio
11:00 - 12:00	Boutelle	Mary & Tracey	Zoom
1:00 - 2:00	Core Strength	Shree	Group Fitness Studio
TUESDAY			
8:00 - 9:00	Cardio Strength	Sue	Zoom
10:00 - 11:30	Adult Ballet	Cynthia	Dance Studio
12:00 - 12:45	Seniorcize	Wendy R.	Zoom
1:00 - 2:00	Pilates	Wendy R.	Zoom
2:00 - 3:00	Senior Stretch & Strength	Sue	Group Fitness Studio
WEDNESDAY			
8:00 - 9:00	Kettlebell	Sue	Zoom
8:15 - 9:00	Weight and Core	Wendy R.	Dance Studio/Hybrid
9:00 - 9:45	Barre	Wendy R.	Dance Studio/Hybrid
9:15 - 10:15	Spin and Sculpt	Caroline G.	Spin Studio
9:30 - 10:30	Yoga	BK	Group Fitness Studio
10:00 - 11:30	Adult Ballet	Cynthia	Dance Studio
10:15 - 10:30	Core Strength	Caroline G.	Spin Studio
1:00 - 2:00	Stretch and Restore	Shree	Dance Studio
4:30 - 5:30 PM	Yoga	Shahnaz	Group Fitness Studio
THURSDAY			
9:00 - 9:45	Barre	Francesca	Dance Studio/Hybrid
9:45 - 10:30	Senior Stretch	Wendy R.	Zoom
11:00 - 12:00	Boutelle	Mary & Tracey	Zoom
FRIDAY			
8:00 - 9:00	Strength w/ Dumbbells	Sue	Group Fitness Studio/Hybrid
8:00 - 9:00	Spin	Caroline	Spin Studio
9:00 - 10:00	Barre & Core	Wendy R.	Zoom
9:30 - 10:30	Yoga for Beginners	Shahnaz	Group Fitness Studio
10:00 - 11:30	Adult Ballet	Cynthia	Dance Studio
SATURDAY			
9:00 - 10:00	Yoga	Shahnaz	Dance Studio
8:15 - 9:15	TABATA	Sue	Group Fitness Studio/Hybrid
SUNDAY			
8:15 - 9:15	Kettlebell	Sue	Group Fitness Studio/Hybrid

Aquatics

All Aquatics classes take place in the
Nick Cavataro Pool

Time	Class Name	Instructor
MONDAY		
5:30 - 7:00	Masters Swim	
7:15 - 3:00	Adult Lap Swim	
11:15 - 12:00	Aquafit	Wendy R.
TUESDAY		
7:15 - 3:00	Adult Lap Swim	
8:30 - 9:30	Adult Night Swim	
WEDNESDAY		
5:30 - 7:00	Masters Swim	
7:15 - 3:00	Adult Lap Swim	
12:00 - 12:45	Aqua Fit	Wendy R.
8:30 - 9:30	Adult Night Swim	
THURSDAY		
7:15 - 3:00	Adult Lap Swim	
1:15 - 2:00	Aqua Fit	Wendy R.
8:30 - 9:30	Adult Night Swim	
FRIDAY		
5:30 - 7:00	Masters Swim	
7:15 - 3:00	Adult Lap Swim	
7:00 - 9:00	Adult Night Swim	
SATURDAY		
12:30 - 1:30	Adult Lap Swim	
3:15 - 4:45	Lap & Family Swim	
SUNDAY		
8:00 - 4:30	Lap & Family Swim	

Racquet Sports

All Racquet Sports take place in the
Constance Burke Gymnasium or outdoor tennis courts

Time	Class Name	Levels and Format
MONDAY		
6:00 PM - 8:00 PM	Pickleball & Tennis	OUTDOOR COURTS ONLY: all levels, open play
6:30 PM - 9:30 PM	Badminton	Open play
TUESDAY		
6:30 PM - 9:30 PM	Pickleball	INDOOR COURTS ONLY: all levels
5:30 PM - 7:00 PM	Pickleball Clinics	Register at www.ywcagr.org/pickleball2024
WEDNESDAY		
6:00 PM - 8:00 PM	Pickleball & Tennis	OUTDOOR COURTS ONLY; all levels, open play
6:30 PM - 9:30 PM	Badminton	Open play
THURSDAY		
6:30 PM - 9:30 PM	Pickleball	INDOOR COURTS: All levels
6:00 PM - 8:00 PM	Pickleball & Tennis	OUTDOOR COURTS: all levels, open play
FRIDAY		
6:00 PM - 8:00 PM	Pickleball & Tennis	OUTDOOR COURTS ONLY; all levels, open play
6:30 PM - 9:30 PM	Badminton	Open play
SATURDAY		
9:00 AM - 12:00 PM	Pickleball	Indoor courts, all levels
9:00 AM - 4:00 PM	Pickleball & Tennis	Outdoor courts, all levels
SUNDAY		
12:00 PM - 4:00 PM	Pickleball & Tennis	Outdoor courts, all levels