

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 | Balance & Strength | Wendy R. | Zoom |
| 1:00 - 2:00 | Pilates | Wendy R. | Zoom |
| 2:00 - 3:00 | Stretch & Strength | Sue | Group Fitness Studio |
| WEDNESDAY | | | |
| 8:00 - 9:00 | Kettlebell | Sue | Zoom |
| 7:45 - 8:30 | Weight and Core | Wendy R. | Dance Studio/Hybrid |
| 8:30 - 9:15 | Barre | Wendy R. | Dance Studio/Hybrid |
| 9:15 - 10:15 | Spin and Sculpt | Caroline G. | Spin Studio |
| 9:30 - 10:30 | Yoga | Shree | Art Gallery |
| 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 | 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 & Sculpt | 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 | Zoom |
| 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 | | |
| 9:00 AM - 12:00 PM | Pickleball | All levels, indoor courts |
| 9:00 AM - 3:00 PM | Pickleball & Tennis | All levels, outdoor courts |
| 6:30 PM - 9:30 PM | Badminton | Open play |
| TUESDAY | | |
| 9:00 AM - 11:30 AM | Pickleball | All levels, indoor courts |
| 9:00 AM - 3:00 PM | Pickleball & Tennis | All levels, outdoor courts |
| 5:30 PM - 7:00 PM | Pickleball Clinics | Register at www.ywcagr.org/pickleball2024 |
| WEDNESDAY | | |
| 9:00 AM - 3:00 PM | Pickleball & Tennis | All levels, outdoor courts |
| 6:30 PM - 9:30 PM | Badminton | Open play |
| THURSDAY | | |
| 9:00 AM - 12:00 PM | Pickleball | INDOOR COURTS: All levels |
| FRIDAY | | |
| 9:00 AM - 12:00 PM | Pickleball | All levels, indoor courts |
| 9:00 AM - 3:00 PM | Pickleball & Tennis | All levels, outdoor courts |
| 6:30 PM - 9:30 PM | Badminton | Open play |
| SATURDAY | | |
| 9:00 AM - 3:00 PM | Pickleball | All levels, outdoor courts |
| SUNDAY | | |
| 8:00 AM - 5:00 PM | Pickleball & Tennis | Outdoor courts, all levels |