

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 AM	Fundamental Strength	Sue	Group Fitness Studio/Hybrid
9:00 - 9:45 AM	Balance & Strength	Wendy R.	Dance Studio/Hybrid
9:15 - 10:15 AM	Spin	Caroline G.	Spin Studio
11:00 - 12:00 PM	Boutelle	Mary & Tracey	Zoom
1:00 - 2:00 PM	Core Strength	Shree	Group Fitness Studio
TUESDAY			
8:00 - 9:00 AM	Cardio Strength	Sue	Zoom
10:00 - 11:30 AM	Adult Ballet	Cynthia	Dance Studio
12:00 - 12:45 PM	Balance & Strength	Wendy R.	Zoom
1:00 - 2:00 PM	Pilates	Wendy R.	Zoom
2:00 - 3:00 PM	Stretch & Strength	Sue	Group Fitness Studio
6:00 - 6:45 PM	HIIT	Leandra	Dance Studio
WEDNESDAY			
8:00 - 9:00 PM	Kettlebell	Sue	Zoom
7:45 - 8:30 AM	Weight and Core	Wendy R.	Dance Studio/Hybrid
8:30 - 9:15 AM	Barre	Wendy R.	Dance Studio/Hybrid
9:15 - 10:15 AM	Spin and Sculpt	Caroline G.	Spin Studio
9:30 - 10:30 AM	Yoga	Shree	Art Gallery
10:00 - 11:30 AM	Adult Ballet	Cynthia	Dance Studio
10:15 - 10:30 AM	Core Strength	Caroline G.	Spin Studio
1:00 - 2:00 PM	Stretch and Restore	Shree	Dance Studio
4:30 - 5:30 PM	Yoga	Shahnaz	Group Fitness Studio
THURSDAY			
9:00 - 9:45 AM	Barre	Francesca	Dance Studio/Hybrid
9:45 - 10:30 AM	Stretch	Wendy R.	Zoom
11:00 - 12:00 PM	Boutelle	Mary & Tracey	Zoom
2:00 - 3:00 PM	Stretch & Strength	Sue	Group Fitness Studio
6:00 - 6:45 PM	HIIT	Leandra	Dance Studio
FRIDAY			
8:00 - 9:00 AM	Strength w/ Dumbbells	Sue	Group Fitness Studio/Hybrid
8:00 - 9:00 AM	Spin & Sculpt	Caroline	Spin Studio
9:00 - 10:00 AM	Barre & Core	Wendy R.	Zoom
9:30 - 10:30 AM	Yoga for Beginners	Shree	Group Fitness Studio
10:00 - 11:30 AM	Adult Ballet	Cynthia	Dance Studio
SATURDAY			
9:00 - 10:00 AM	Yoga	Shahnaz	Dance Studio
8:15 - 9:15 AM	TABATA	Sue	Zoom
SUNDAY			
8:15 - 9:15 AM	Kettlebell	Sue	Group Fitness Studio/Hybrid
9:30 - 10:30 AM	Yoga	Rochelle	Dance Studio

Aquatics		
All Aquatic classes take place in the Nick Cavataro Pool.		
Time	Class Name	Instructor
MONDAY		
5:30 - 7:00 AM	Masters Swim	
7:15 - 3:00 PM	Adult Lap Swim	
11:15 - 12:00 PM	Aquafit	Wendy R.
TUESDAY		
7:15 - 3:00 PM	Adult Lap Swim	
8:30 - 9:30 PM	Adult Night Swim	
WEDNESDAY		
5:30 - 7:00 AM	Masters Swim	
7:15 - 3:00 PM	Adult Lap Swim	
12:15 - 1:00 PM	Aqua Fit	Wendy R.
8:30 - 9:30 PM	Adult Night Swim	
THURSDAY		
7:15 - 3:00 PM	Adult Lap Swim	
1:15 - 2:00 PM	Aqua Fit	Wendy R.
8:30 - 9:30 PM	Adult Night Swim	
FRIDAY		
5:30 - 7:00 AM	Masters Swim	
7:15 - 3:00 PM	Adult Lap Swim	
7:00 - 9:00 PM	Adult Night Swim	
SATURDAY		
12:30 - 1:30 PM	Lap & Family Swim	
3:15 - 4:45 PM	Lap & Family Swim	
SUNDAY		
8:00 - 4:30 PM	Lap & Family Swim	

Pickleball		
All Racquet Sports take place in the Constance Burke Gymnasium or on the outdoor tennis courts.		
Time	Class Name	Levels and Format
MONDAY		
9:00 AM - 12:00 PM	Pickleball	All levels, indoor, 4 courts
TUESDAY		
9:00 - 11:30 AM	Pickleball	All levels, indoor, 2 courts
WEDNESDAY		
THURSDAY		
9:00 - 12:00 PM	Pickleball	All levels, indoor, 2 courts
FRIDAY		
9:00 - 12:00 PM	Pickleball	All levels, indoor, 2 courts
SATURDAY		
SUNDAY		
3:30 - 5:00 PM	Pickleball Clinics	Register at www.ywcagr.org/pickleball25

Badminton February & March		
Wednesday 2/19	7:00-9:30 PM	4 Courts
Friday 2/21	6:30-9:30 PM	2 Courts
Wednesday 2/26	6:30-9:30 PM	4 courts
Friday 2/28	6:30-9:30 PM	4 courts
Wednesday 3/5	6:30-9:30pm	4 courts
Friday 3/7	6:30-9:30pm	4 courts
Week of Monday 3/10: resume Monday, Wednesday, and Friday	6:30-9:30pm	4 courts

1/3/2025 For more
information, please visit
www.ywcagreenwich.org
*Contact Member
Services at 203-869-6501
for reservations