

2018 Winter Group Exercise Schedule beginning 12/4/17

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MELT Method 8:30am – 9:30am Samantha Meeting Room B	Sunrise Yoga 7:30 – 8:45am Herma Dance/Yoga Studio	Body Barre 8:15 – 9:15am Wendy R. Group Fitness Studio	Boutelle Lifetime Fitness 9:00 – 10am Mary Meeting Room A	Body Barre 8:00 – 9:00am Wendy R. Dance/Yoga Studio	 9:30 – 10:30am Alternate
Boutelle Lifetime Fitness 9:00 – 10am Mary Meeting Room A	Mat Pilates 9:00 - 10:00am Elise Dance/Yoga Studio	Tai Chi 9:00 – 10:00am Wendy M. Dance/Yoga Studio	 9:15– 10:15am Susan Group Fitness Studio	All Body Stretch 9:00 – 9:45am Wendy R. Dance/Yoga Studio	Vinyassa Yoga 10:00 – 11:00am Elyse Group Fitness Studio
Body Barre 9:00 – 10:00am Francesca Dance/ Yoga Studio	 9:15 – 10:15am Susan Group Fitness Studio	Kettle Bells 9:15 – 10:15am Sue C. Group Fitness Studio	 9:30 – 10:30am Francesca Dance/Yoga Studio	TRX/Kettle Bells 8:00 – 9:00am Group Fitness Studio Sue C.	Sunday  9:00 – 9:50am Sue C.
TRX/ Kettle Bells 9:15 – 10:15am Sue C. Group Fitness Studio	Adult Ballet (Beginner) 10:00 – 11:30am Cynthia Dance/Yoga Studio	 9:15 - 10:15am Caroline 15 Minute abs 10:15 – 10:30am Caroline Group Fitness Studio	Ballates 10:30 – 11:30am Elise Group Fitness Studio	 and Sculpt 9:15 - 10:30am Caroline	Kettle Bells 10:00 – 11:00am Sue C. Group Fitness Studio
 9:15 - 10:15am Shelley	Seniorcize 1:00 – 2:00pm Lisa Group Fitness Studio	Adult Ballet 10:00 – 11:30am Cynthia Dance/Yoga Studio	Hatha Yoga 10:30 – 11:30am Francesca Dance/Yoga Studio	Adult Ballet 10:00 – 11:30am Cynthia Dance/Yoga Studio	
Pickle Ball Gymnasium South Betsy 10am – 12pm		Core Strength & Balance (Level 1 Beg.) 1:00 - 2:00pm Shree Group Fitness Studio	Seniorcize 1:00 – 2:00pm Wendy R. Group Fitness Studio	Pickle Ball Gymnasium South Betsy 10am – 12pm	
 10:30-11:30am Lucy Dance/Yoga Studio		Stretch & Restore 2:00 - 3:00pm Shree Group Fitness Studio		Kickboxing 10:30 – 11:30am Ben Group Fitness Studio	
Core Strength & Balance (Level 2 – Int.) 2:00 - 3:00pm Shree Group Fitness Studio				 1:00 - 2:00pm Lucy Group Fitness Studio	
Stretch Therapy Brendan 4:30pm – 5:30pm Fitness Center					

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Please direct questions to Kyle Wirtz Director of Health and Fitness at k.wirtz@ywcagreenwich.org

Classes subject to change in time and instructor. Descriptions and information available at <http://www.ywcagreenwich.org/group-exercise>.

Please note Sunday hours will be 9am – 3pm