

ANNOUNCEMENTS

NEW HOURS AT THE Y

Beginning Oct. 1, the Y is excited to announce there will be extended weekend hours.

The new hours are:

- Friday—5:30 a.m.-7:30 p.m. (eff. Oct. 7)
- Saturday—7:30 a.m.-2 p.m.
- Sunday—8 a.m.-2 p.m.

Pool hours will remain the same, 8 a.m.- 11 a.m. (+Pool) and 10 a.m.- 11 a.m. (Open Swim).

GREENSBURG Y PARTNERS WITH TURKEY TROT RACE

The 31st Annual Greensburg Turkey Trot, scheduled for Thursday, Nov. 24, has a new main benefactor...our Greensburg YMCA.

The Greensburg Y will have a key role in the promoting and pre-race operation of the 2022 event, including hosting the pre-race packet pickup and other event planning activities. To register on-line for the race, go to www.gbgturkeytrot.com.

FITNESS FACILITY HOURS

Mon-Thurs.: 5:30 am-8 pm

Friday: 5:30 am-6:30 pm

Sat. - Sun.: 8 am-Noon

Saturday: 7:30 am-2 pm (effective 10/1/22)

Sunday: 8 am -2 pm (effective 10/1/22)

OPEN SWIM (ALL MEMBERS)

Wednesday: 9 am-10 am

Friday: 5 pm-6 pm

Saturday: 10 am-11 am

Sunday: 10am-11 am

EVENTS & MORE

AQUATICS NEWS

GREENSBURG SALEM SWIM TEAMS:

- Pool will close at 4 p.m. during the month of September for Greensburg Salem home swim meets. The pool will re-open after the meet until closing. Tuesday, Sept. 27 is a home meet at 4 p.m.
- The pool will be closed on Tuesday, Sept. 27 due to a large swimming meet that day.

NEW YOGA CLASSES OFFERED

Our Y will be offering new yoga classes, starting Tuesday, Oct. 4. Led by instructor Brenda Willett, the classes will be held every Tuesday and Thursday from noon to 1 p.m. in Studio A.

They are free for members and \$5 a class for non-members. For more information call Scott Brown at (724) 834-0150, Ext. 113 or email him at s.brown@gbgymca.org.

+POOL (ADD-ON REQUIRED)

Monday: 5:30 am-11 am | 3 pm-7:30 pm

Tuesday: POOL CLOSED

Wednesday: 5:30 am-11 am | 3 pm-7:30 pm

Thursday: CLOSED

Friday: 5:30 am-11 am | 3 pm-6 pm

Saturday: 8 am-11:30 am

Sunday: 8 am-11:30 am

WARM POOL

No open hours this week.

GROUP EX HAPPENINGS...

MONDAY, SEPTEMBER 26

11 am - Happy Hinges (+Pool Only)

11:30 am - Les Mills BODYFLOW

TUESDAY, SEPTEMBER 27

10:30 am - Silver and Fit Experience

11:25 am - Silver and Fit Yoga

5:20 pm - Les Mills GRIT SERIES

6 pm - Les Mills BODYPUMP

WEDNESDAY, SEPTEMBER 28

9:30am - Les Mills BODYFLOW

10 am - Aqua Ex (+Pool Only)

5:00 pm - Les Mills GRIT SERIES

5:40 pm - Les Mills BODYFLOW

THURSDAY, SEPTEMBER 29

9:15 am - Les Mills BODYPUMP-canceled

10:15 am - Les Mills BODYFLOW-canceled

10:30am - Silver and Fit Experience

11:25 am - Silver and Fit Yoga

5:30 pm - Les Mills BODYPUMP

6:30 pm - Les Mills GRIT SERIES

FRIDAY, SEPTEMBER 30

9:15 am - Les Mills BODYPUMP

11 am - Happy Hinges (+Pool Only)

SATURDAY, OCTOBER 1

8:15 am - Les Mills BODYPUMP

SUNDAY, OCTOBER 2

9:15 am - Les Mills GRIT

9:55 am - Les Mills BODYFLOW

10:50 am - Les Mills BODYPUMP Express