

## ANNOUNCEMENTS

### FAMILY FUN NIGHT

Family Fun Night will be held Friday, Feb. 17, from 5:30-7:30 p.m. (a later time to better accommodate families). The theme for the event is: "We ❤️ the Y." Please join us for a night of fun, family entertainment. The pool will be open from 5:30-6:30 p.m. Cost is free for members and \$5/person non-members). Please contact the Welcome Center at [memberservices@gbgymca.org](mailto:memberservices@gbgymca.org) or (724) 834-0150, x-111 for additional details.

### CHILD WATCH OFFERED FOUR DAYS

Child Watch is increasing and is now available on Mondays, Tuesdays, Wednesdays and Thursdays from 4:30 p.m.-6:30 p.m. For more information, please stop by the Welcome Center.

### DONATE TO OUR Y

Please support our Y's mission and consider a contribution to the critical initiative of our Y. Scan the QR Code below to donate.



### FITNESS FACILITY HOURS

Monday-Friday, 5:30 am-8 pm

Saturday: 7:30 am-2 pm

Sunday: 8 am-2 pm

### OPEN SWIM (ALL MEMBERS)

Wednesday: 9-10 am

Saturday: 11 -11:45 am

Sunday: 10 -10:45 am

## EVENTS & MORE

### RALLY FOR THE Y - ALL FEBRUARY

Get Ready to Rally by joining Team YMCA – Greensburg and sweat to support our community! Hop on the Espresso bikes and ride as many miles as you can. Espresso will donate 10 cents for each mile ridden in February. To register, look for the tab on our home page at [www.greensburgymca.org](http://www.greensburgymca.org).

### NEW WELLNESS CLASS OFFERED

Our Y is offering a new Wellness class for members, dealing with everyday concerns and impacting many families across the country. The class is free to members and \$5 for non-members per session. A minimum of three individuals are needed for class to be held. To register for the classes, go to: <https://operations.daxko.com/programs/redirector.aspx?cid=4009&tagid=14527>.

The class is:

- 2/9—Opioid Crisis: A frank discussion on what kids have to navigate through on this issue.

### +POOL (ADD-ON REQUIRED)

Monday: 5:30-7:45 am|8-11 am|3-7:30pm

Tuesday: 3-7:30 pm

Wednesday: 5:30-7:45 am|8-11 am|3 -7:30pm

Thursday: CLOSED

Friday: 5:30-7:45 am|8-11 am|3-6pm

Saturday: 7:30 am-Noon

Sunday: 8 am-11 am

## GROUP EX HAPPENINGS...

### MONDAY, FEBRUARY 6

11 am - Happy Hinges (+Pool Only)

11:30 am - Les Mills BODYFLOW

### TUESDAY, FEBRUARY 7

11 am -Noon- Silver and Fit

Noon-Yoga Class (Studio A)

5:20 pm - Les Mills GRIT SERIES

6 pm - Les Mills BODYPUMP

### WEDNESDAY, FEBRUARY 8

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, FEBRUARY 9

11 am -Noon- Silver and Fit

Noon-Yoga Class (Studio A)

5:30 pm - Les Mills BODYPUMP

### FRIDAY, FEBRUARY 10

9:15 am - Les Mills BODYPUMP

11 am - Happy Hinges

### SATURDAY, FEBRUARY 11

8 am - Les Mills BODYPUMP

### SUNDAY, FEBRUARY 12

9:15 am - Les Mills GRIT

9:55 am - Les Mills BODYFLOW

10:50 am - Les Mills BODYPUMP

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