



WEEKLY SCHEDULE FEB.12 -FEB. 18

THIS WEEK @ THE Y

ANNOUNCEMENTS

NEW WELLNESS ORIENTATION TOUR

Our Wellness Orientation Tour is designed to empower you with the knowledge and resources needed to make the most of your membership. It's an excellent opportunity to ask questions, connect with fellow members, and embark on a journey toward a healthier and happier lifestyle. If you are interested in finding our more, contact Brenda Willett at b.willett@gbgymca.org, or visit www.greensburgymca.org to register online.

NEW HAPPY HINGES SCHEDULE

The new Happy Hinges class schedule began on **Jan. 15**. **New Hours: Monday, Wednesday, Friday, 11:00 – 11:50 am.**

SPRING 1 SWIM LESSONS

Registration for Spring 1 Swim Lesson opened on Feb. 9.

COFFEE & CONVERSATION

Join us for the next Coffee & Conversations on Friday, Feb.16 at 12:15 pm in Studio A. The group will be discussing nutrition. This is a free program and open to all.

FAMILY FUN NIGHT

Our "We Have Happy Hearts @ the Y" Family Fun Night" will take place on Friday, Feb 16 from 5:30 –7:30 pm. Stop by our gym for some heart-pumping fun. Our warm pool will be open 5:30 –6:30 pm.

FITNESS FACILITY HOURS

Mon.–Thurs., 5:30 am-8:30 pm
Friday: 5:30 am-8 pm
Saturday: 7:30 am-2 pm
Sunday: 8 am-1 pm

OPEN SWIM (ALL MEMBERS)

Wednesday: 9-10 am
Friday: 3:15-4:45 pm
Saturday: 10-11 am
Sunday: 9-10 am

EVENTS & MORE

NEW SPORTS & WELLNESS PROGRAMMING

There's something for everyone:

- **Girls' Middle School Volleyball Club** - Feb. 12- May 18. Teams will be formed based on abilities and experience. We have great, experienced coaches. Cost is \$84/month/member and \$100/month/nonmember.
- **Intro to Pickleball, Clinic B:** Feb 23 & Mar 1, 5-7 pm, \$65/member and \$85/nonmember.
- **Tots Basketball**, For boys & girls ages 2-4, Feb. 22- Mar.28, Thursdays, 5:00 – 5:45 pm, \$65/member and \$85 nonmember.
- **Spring I Hoopers Clinic-** Kindergarten, Feb. 22 – Mar. 28, Thursdays, 5:45 – 7 pm, 1st & 2nd Graders, Thursdays, 5:45 – 7 pm, \$65/ member and \$85/nonmember.
- **Blissful Balance, Yin Yang Yoga Class with Expert Instructor: Linda Kuzmowski**, Feb. 14- Mar.20, Wednesdays, 12:15 – 1:15 pm. Per class or entire session registration available.

To register for these programs or for more information, visit our website at www.greensburgymca.org.

+POOL (ADD-ON REQUIRED)

Monday: 5:30-7:45 am | 8-11 am | 3:15-7:30 pm
Tuesday: 3:15-7:30 pm
Wednesday: 5:30-7:45 am | 8-11 am | 3:15-7:30 pm
Thursday: 3:45 – 7:30 pm
Friday: 5:30-7:45 am | 8-11 am | 3:15-6:00 pm
Saturday: 7:30-11 am
Sunday: 8-11 am

WARM POOL (ALL MEMBERS)

GROUP EX HAPPENINGS...

MONDAY, FEBRUARY 12

9:15 am - Les Mills BODYPUMP
10:20 am –Les Mills BODYFLOW
11 am - Happy Hinges (+Pool Only)
6:05 pm – Les Mills GRIT STRENGTH

TUESDAY, FEBRUARY 13

5:45 am-Cycling Class
11:30 am-Silver and Fit
12:15 pm-Yoga Class
4:50 pm - Les Mills GRIT CARDIO
5:25 pm- Les Mills BODYFLOW
5:30 pm-Cycling Class
6:15 pm - Les Mills BODYPUMP

WEDNESDAY, FEBRUARY 14

9:15am-Intro to Les Mills BODYPUMP-
9:30 am – Les Mills BODYPUMP
10:20 am-Les Mills BODYFLOW
11 am - Happy Hinges (+Pool Only)

THURSDAY, FEBRUARY 15

5:45 am-Cycling Class
8:45 am-Intro to Les Mills GRIT & BODYPUMP
9:15 am – Les Mills GRIT STRENGTH
11:30 am-Silver and Fit (Gym)
12:15 pm-Yoga Class (Studio A)
5:25 pm - Les Mills BODYPUMP
5:30 pm-Cycling Class

FRIDAY, FEBRUARY 16

9:15 am-Les Mills BODYPUMP
10:20 am-Les Mills BODYFLOW
11 am-Happy Hinges (+Pool Only)

SATURDAY, FEBRUARY 17

8 am - Les Mills BODYPUMP
9:05 am-Les Mills GRIT CARDIO
9:45 am-Cycling Class

SUNDAY, FEBRUARY 18

9:15 am - Les Mills GRIT STRENGTH
9:55 am - Les Mills BODYFLOW
10:50 am –Les Mills BODYPUMP Express