



WEEKLY SCHEDULE April 22-April 28

THIS WEEK @ THE Y

ANNOUNCEMENTS

HEALTHY FOR LIFE

Healthy For Life has moved to 9:15am. Join us for this class at the new time and stay for Dance Fitness at 10:30 am. Get fit and have fun!

PICK UP VOLLEYBALL

Pick up Volleyball is now starting at 7:15 on Mondays. Please observe these new hours if you are planning to participate.

SHARE YOUR PASSION PROMOTION

When you shop at participating Greensburg merchants in April you will receive a 10% discount and the business will donate 10% of the total sale to local nonprofits including the Y. You get a discount and get to help the community at the same time. Visit shopgreensburgpa.com to find participating merchants.

IMPROVEMENTS

Painting has been completed. New equipment should be delivered by the end of the month. There will be limited access to Cybex and Cardio equipment on the 28th and 29th. Drop in on the 30th to see the improvements.

GREENSBURG NIGHT MARKET

Join us at the Night Market April 25th from 5:30 pm – 9:00 pm. Stop by our booth and say “Hi”.

EVENTS & MORE

REGISTRATION IS OPEN

Check out our new spring offerings:

- **Spring 2 Swim Lessons** – Registration opened on April 5th. Sessions are 6 weeks and start this week. Sign up online, by phone or in person. Cost varies by level but there are special rates for members.
- **Pickleball Clinic D** – April 26 and May 3 with Beginner pickup games following. Cost is \$65 for members and \$85 for nonmembers.
- **Round Robin Pickleball Tournament**-May 19th, 2-5pm. \$12 for members and \$18 for non-members.
- **Before and After School (BASE)** 2024-2025 Before and After School program (BASE) registration is now open online.

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

GROUP EX HAPPENINGS...

MONDAY, APRIL 22

6:00 am-Les Mills BODYPUMP EXPRESS
9:15 am-Healthy for Life
9:15 am-Les Mills BODYPUMP
10:20 am-Les Mills BODYFLOW
10:30 am-Dance Fitness
11 am-Happy Hinges (+Pool Only)
6:05 pm-Les Mills GRIT STRENGTH

TUESDAY, APRIL 23

5:45 am-Cycling Class
11:45 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
6:30 pm-Cycling Class

WEDNESDAY, APRIL 24

6:00 am-Les Mills BODYPUMP EXPRESS
9:15 am - Healthy for Life
9:15 am-Intro to Les Mills BODYPUMP
9:30 am-Les Mills BODYPUMP
10:20 am-Les Mills BODYFLOW
10:30 am-Dance Fitness
11 am-Happy Hinges (+Pool Only)

THURSDAY, APRIL 25

5:45 am-Cycling Class
8:4Pick 5 am-Intro to Les Mills GRIT & BODYPUMP
9:15 am- Les Mills GRIT STRENGTH
11:45 am-Silver and Fit
12:15 pm-Yoga Class
5:25 pm-Les Mills BODYPUMP
5:30 pm-Cycling Class
6:30 pm-Cycling Class

FRIDAY, APRIL 26

9:15 am- Healthy for Life
9:15 am-Les Mills BODYPUMP
10:20 am-Les Mills BODYFLOW
10:30-Dance Fitness
11 am- Happy Hinges (+Pool Only)

SATURDAY, APRIL 27

8:00 am-Les Mills BODYPUMP
9:05 am-Les Mills GRIT Cardio
9:45 am-Cycling Class

SUNDAY, APRIL 28

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

FITNESS FACILITY HOURS

Mon.–Thurs., 5:30 am-8:30 pm

Friday: 5:30 am- 8:00 pm

Saturday: 7:30 am-1:00 pm

Sunday: 8:00 am- 1:00 pm

OPEN SWIM (ALL MEMBERS)

Wednesday: 9-10 am

Saturday: 10- 11am

Sunday: 9-10 am

+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- 11:00 am

Sunday: 8-11 am

WARM POOL OPEN SWIM (ALL MEMBERS)

THURSDAY 5:30 pm – 6:30 pm