



WEEKLY SCHEDULE May 13-May 19

THIS WEEK @ THE Y

ANNOUNCEMENTS

COFFEE & CONVERSATION

Join us for our next Coffee & Conversation on Wednesday, May 15 at 12:15 in the Y lobby. Our topic for the month will be summer reading. Our local librarian will be on site with information about the library and all that the library has to offer including what's new and exciting. Call our Welcome Center at 724-834-0150 ext. 111 to let us know you'll be attending.

MEMBER APPRECIATION DAY

Wednesday, May 15. Come in and check out the new exercise equipment.. When you are finished testing it out, stop by the front desk to pick up a treat. We appreciate our members.

MAY PAY THE DAY

Invite your non-member friends to join for a reduced monthly Join fee based on the day of the month. The sooner they join, the more they save.

NEIGHBORS HELPING NEIGHBORS

Our annual fundraising event is scheduled for June 6th from 5-7 pm at J. Corks. Join us for lite bites, a cash bar and a silent auction. Proceeds will go toward improving our front entrance. Tickets may be purchased online at www.greensburgymca.org or call Debby at 724-834-0150 ext. 120.

EVENTS & MORE

WESTMORELAND COUNTY

SENIOR GAMES

Senior Games Swimming competition will be held in our pool on May 17. Activities will begin at 9:00 am. For more information, visit www.co.westmoreland.pa.us/765/Westmoreland-County-Senior-Games.

PICK UP SPORTS SCHEDULE

The gym will be closed from 4:15 pm onwards May 27-30 for basketball leagues. There will be no evening pick- up sports during this time.

PICK-UP SPORTS CHARGE

Effective May 1, the charge for pick-up sports is \$5.00. Drop-in Group Ex fee will remain at \$10.

NEW KICK BOXING CLASS

Join us for our new class on Monday evenings from 7:00 – 8:00 pm. Free for members. \$10 for non members or buy a Group Ex card and get 5 for the price of 4.

REGISTRATION IS OPEN

Check out our new spring offerings:

- **Round Robin Pickleball Tournament**-May 19th, 2-5pm. \$12 for members and \$18 for non-members.
- **Before and After School (BASE)**
2024-2025 registration is now open online.
- **Swim Team (GYST) Registration**
Summer GYST registration will begin on May 20. No try outs necessary,

To register for classes or events or for more information, visit our website at

www.greensburgymca.org.

GROUP EX HAPPENINGS...

MONDAY, MAY 13

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 CANCELLED~~
6:05 pm-Les Mills GRIT STRENGTH
7:00pm-Power Hour Kickboxing *NEW*

TUESDAY, MAY 14

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, MAY 15

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, MAY 16

5:45 am-Cycling Class
8:45 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, MAY 17

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, MAY 18

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

SUNDAY, MAY 19

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-2:00 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: 5:30-8:00 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