



# WEEKLY SCHEDULE JULY 8-July 14

# THIS WEEK @ THE Y

## ANNOUNCEMENTS

### EVENING PICK-UP SPORTS

#### RESUME

Evening pick-up sports will resume Monday, July 1 from 7:30-8:30 pm with the following schedule: Monday and Wednesday Volleyball, Tuesday Basketball, Thursday Pickleball (no pickleball on July 4). Daytime pick-up sports with the exception of Sunday are temporarily suspended. Sunday Intermediate/Advanced Pickleball will be from 8:10-10:10 am starting July 7. Call the front desk for status on other daytime pick-up sports.

### EQUIPMENT CHALLENGE

Join the challenge and get a free gift. Pick up an Equipment Checklist at the front desk and follow the directions. Once it is filled out, show it to the Front Desk and pick up your gift.

### YOUTH WRISTBANDS

Youths under 16 are required to wear wristbands when working out. Wristbands are available at the front desk only for Youths who have had a Safety Orientation. Youths not wearing wristbands will be directed to the front desk to be given wristbands or to schedule a Safety Orientation before working out.

## EVENTS & MORE

### REGISTRATION IS OPEN

Check out our Summer offerings:

- **Summer 2 Swim Lessons**  
Registration for Summer 2 lessons starting July 15 is now open.
- **Before and After School (BASE)**  
2024-2025 registration is now open online.
- **Volleyball (Elementary- MS) and Youth Basketball (K-5) weekly camps are coming.** Pick your sport and your date/s. Weeklong sessions with various dates in July and August.
- **Gymnastics Tumbling Clinics**  
Thursday afternoon weekly 1 hour clinics through August 15<sup>th</sup>. Each clinic is \$20 members/\$30 non-members.

To register for classes or events or for more information, visit our website at [www.greensburgymca.org](http://www.greensburgymca.org).

## GROUP EXERCISE SCHEDULE

### MONDAY, JULY 8

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  
7:00pm-Power Hour Kickboxing

### TUESDAY, JULY 9

5:45 am-Cycling  
~~9:00 am-Om Yoga~~ Cancelled  
11:45 am-Silver and Fit  
12:15 pm-Spirit Flow Yoga  
4:50 pm-Les Mills GRIT CARDIO  
5:25 pm-Les Mills BODYFLOW  
5:30 pm-Cycling  
6:15 pm-Les Mills BODYPUMP  
6:30 pm-Cycling

### WEDNESDAY, JULY 10

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)  
4:30 pm-Om Yoga

### THURSDAY, JULY 11

5:45 am-Cycling  
9:15 am- Les Mills GRIT STRENGTH  
11:45 am-Silver and Fit  
12:15 pm-Spirit Flow Yoga  
4:30 pm-Om Yoga NEW  
5:25 pm-Les Mills BODYPUMP  
5:30 pm-Cycling  
6:30 pm-Cycling

### FRIDAY, JULY 12

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, JULY 13

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

### SUNDAY, JULY 14

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

### FITNESS FACILITY HOURS

**Monday: 5:30 am-8:30 pm**  
**Tues -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)

**Monday: 9-11 am**  
**Saturday: 10-11 am**  
**Sunday: 9-10 am**

### +POOL (ADD-ON REQUIRED)

Monday: 5:30-12:30 pm | 3:15-7:30 pm  
Tuesday: 3:15-7:30 pm  
Wednesday: 5:30-10:00 am | 3:15-7:30 pm  
Thursday: 3:15-7:30 pm  
Friday: 5:30-12:30 pm | 3:15-6:00 pm  
Saturday: 7:30- 11:00 am  
Sunday: 8:00 -11:00 am

**WARM POOL OPEN SWIM (ALL MEMBERS)**  
**FRIDAY 5:30 – 6:30 pm**