



# WEEKLY SCHEDULE JULY 15-July 21

# THIS WEEK @ THE Y

## ANNOUNCEMENTS

### MEMBER APPRECIATION DAY

Don't miss Membership Appreciation day Thurs, July 18. Stop by the front desk after your workout to pick up a treat. We appreciate our members.

### CHANGE IN MONDAY POOL HOURS

New Monday morning pool hours are 5:30-11:00 am. All other hours remain the same. Check schedule below.

### EVENING PICK-UP SPORTS

Evening pick-up sports are available from 7:30-8:30 pm with the following schedule: Monday and Wednesday Volleyball, Tuesday Basketball, Thursday Pickleball. Daytime pick-up sports with the exception of Sunday are temporarily suspended. Sunday Intermediate/Advanced Pickleball will be from 8:10-10:10. 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.

### 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**

## EVENTS & MORE

### REGISTRATION IS OPEN

Check out our Summer offerings:

- **Summer 2 Swim Lessons**  
Summer 2 swim lessons start this week. There are still a few openings. Don't miss out. Register now!
- **Before and After School (BASE)**  
2024-2025 registration is now open online.
- **Volleyball (Elementary- MS)**  
Weekly sessions M, T,W, TH, F.  
Week of 7/22, 7/29 and 8/12.  
Cost per session \$55 members/\$75 non-members.
- **Youth Basketball (K-5)**  
Weekly session M,T,W,Th week of 8/5.  
Cost per session. \$55 members/ \$75 non-members
- **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).

### +POOL (ADD-ON REQUIRED)

**Monday: 5:30-11:00 am | 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**

## GROUP EXERCISE SCHEDULE

### MONDAY, JULY 15

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 16

5:45 am-Cycling  
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 17

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 18

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 19

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 20

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

### SUNDAY, JULY 21

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