



WEEKLY SCHEDULE JULY 22-July 28

THIS WEEK @ THE Y

ANNOUNCEMENTS

CHANGE IN MONDAY POOL HOURS AND CLOSED ON JULY 25

New Monday morning pool hours are 5:30-11:00 am. Pool is closed this Thursday, July 25th. 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.

EVENTS & MORE

REGISTRATION IS OPEN

Check out our Summer offerings:

- **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 15th. Each clinic is \$20 members/\$30 non-members.
- **COUCH to 5K**
Kickstart your fitness journey with this six-week program designed to get you ready for a 5K and 10K. Starts September 14th. Optional 5K or 10K only.
- **MEN 'S BASKETBALL LEAGUE**
Sign up as a team or sign up individually. Sundays 2:00 – 9:00 pm starts September 29th.

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

GROUP EXERCISE SCHEDULE

MONDAY, JULY 22

~~6:00 am-Les Mills BODYPUMP EXPRESS
Cancelled~~
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 23

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 24

~~6:00 am-Les Mills BODYPUMP EXPRESS
Cancelled~~
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 25

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 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, JULY 27

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

SUNDAY, JULY 28

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: 5:30-11:00 am | 3:15-7:30 pm
Tuesday: 3:15-7:30 pm
Wednesday: 5:30-10:00 am | 3:15-7:30 pm
Thursday: CLOSED
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