



WEEKLY SCHEDULE JULY 29-AUGUST 4

THIS WEEK @ THE Y

ANNOUNCEMENTS

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 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 29

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 30

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 31

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, AUGUST 1

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, AUGUST 2

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, AUGUST 3

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

SUNDAY, AUGUST 4

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: 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