



DECEMBER HOLIDAY HOURS

Have a happy, healthy, and safe holiday season! As we enter the new year, we are incredibly grateful for our members who help our Y fulfill its mission every day.

Wed, Dec 24th 7AM – 1PM*

Thurs, Dec 25th CLOSED

Wed, Dec 31st 7AM – 1PM*

Thurs, Jan 1st 8AM – 2PM*

*POOL WILL CLOSE AT 30 MINUTES
BEFORE FACILITY CLOSURES.

**CHECK THE APP FOR HOLIDAY GROUP
EXERCISE CLASS SCHEDULES!**

Search YMCA of Greenwich in your phone's app store.



GROUP X SCHEDULE

CHRISTMAS EVE (12/24)

- 7:15AM – 8:05AM: Total Body Sleigh with Kate (AS1)
- 8:15AM – 8:45AM: Silent Night Stretch with Kate (AS1)
- 8:30AM – 9:30AM: Cycle with LaMont (Spin Room)
- 9:00AM – 10:00AM: Dance Fusion with Matt (AS1)
- 10:00AM – 11:00AM: Pilates with Francesca (AS1)
- 10:00AM – 11:30AM: Yoga with Kristin (M1/M2)
- 10:25AM – 11:10AM: Body Sculpt with Linda L. (AS2)
- 11:15AM – 12:00PM: Active and Strong with Linda L. (AS2)

NEW YEARS EVE (12/31)

- 8:00AM – 9:00AM: Dance Fusion with Matt (AS1)
- 8:30AM – 9:30AM: Cycle with LaMont (Spin Room)
- 9:30AM – 10:30AM: Pilates with Francesca (AS1)
- 10:00AM – 11:00AM: Yoga with Sam S.
- 10:25AM – 11:15AM: Body Sculpt with Linda L.
- 11:15AM – 12:00PM: Active and Strong with Linda L.

NEW YEARS DAY (1/1)

- 8:30AM – 9:30AM: Reset Ride (Dual Spin) with Kate & Kati (Spin Room)
- 8:30AM – 9:30AM: Pilates Barre Mix with Francesca (AS1)
- 9:30AM – 10:30AM: Zumba with Jen H. (AS1)
- 10:00AM – 11:00AM: Yoga with Sam S. (M1/M2)
- 11:15AM – 12:15PM: HIIT with Jen (AS1)