

SEPTEMBER 2026

NOTES: Class registration is required and by doing so you will be notified in the event of a class cancellation. If you cannot attend a class that you've registered for, please be sure to cancel your registration. Schedule is subject to change. Refer to the Greenwich YMCA app for the most up-to-date information on classes which includes class descriptions.

- o **BLUE** = Classes in our pools
- o **GREEN** = Classes in GYM
- o **PEACH** = New Classes
- o **YELLOW** = Parkinson's Body & Mind classes.
You must have PD in order to attend PD classes.
- o **RED TYPE** = Indicates difficulty level & room location.

L1 – Beginner/Gentle
L1/2 – Beginner to Intermediate
L2 – Intermediate to Advanced
L2+ – Advanced to Intense

The logo is a circular seal for the YMCA of Greenwich. The outer ring contains the text "YMCA OF GREENWICH" at the top and "SERVING OUR COMMUNITY" at the bottom, separated by two stars. In the center, the number "110" is prominently displayed in a large, bold, serif font, with the word "YEARS" in a smaller, bold, sans-serif font directly below it. Above the "110" is a small silhouette of a leaping figure, and below "YEARS" is the word "OF" in a small, bold, sans-serif font.