


JUNE 29–AUGUST 21

SUMMER GYM SCHEDULE

PLEASE READ NOTES BELOW FOR ALTERATIONS TO THIS SCHEDULE!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00a–6:45a OPEN GYM	5:00a–6:00a OPEN GYM	5:00a–7:00a OPEN GYM	5:00a–6:00a OPEN GYM	5:00a–7:00a OPEN GYM	7:00a–8:30a OPEN GYM	7:00a–1:00p OPEN GYM
7:00a–9:45a ALL LEVELS PICKLEBALL PLAY (NO SIGN UP REQUIRED)	6:15a–7:15a BOOTCAMP LAMONT ROLLINS 7:30a–8:30a PICKLEBALL CLINIC SEE BELOW	7:15a–9:45a ALL LEVELS PICKLEBALL PLAY (NO SIGN UP REQUIRED)	6:15a–7:15a BOOTCAMP LAMONT ROLLINS 7:30a–9:45a ALL LEVELS PICKLEBALL PLAY (NO SIGN UP REQUIRED)	7:00a–8:45a ALL LEVELS PICKLEBALL PLAY (NO SIGN UP REQUIRED)	8:30a–10:15a ALL LEVELS PICKLEBALL PLAY (NO SIGN UP REQUIRED)	1:00p–2:45p ALL LEVELS PICKLEBALL PLAY (NO SIGN UP REQUIRED)
10:00a–10:50 BUFF BONES WENDY ROSA	8:45a–9:30a ULTIMATE CARDIO KICK CLASS BRANDON MUBUKE	10:00a–11:00a FIT 4 LIFE FRANCESCA CONWAY	10:00a–11:00a FIT 4 LIFE (NO SIGN UP REQUIRED)	9:00a–9:50a WARRIOR TRAINING ABIGAIL RODRIGUEZ	10:30a–11:30a ***AMAZING KICKERS SOCCER***	3:00p–4:45p OPEN GYM
11:00a–11:50a FIT 4 LIFE ABIGAIL RODRIGUEZ	10:00a–11:00a FIT 4 LIFE FRANCESCA CONWAY	11:15a–12:00p OPEN GYM	10:00a–11:00a L1 FIT 4 LIFE DANA CONELIAS	10:00a–10:50a FIT 4 LIFE ABIGAIL RODRIGUEZ	11:30a–4:45p OPEN GYM	
12:00p–2:00p ADULT LUNCH BASKETBALL	11:15a–11:55p L1 BRAIN FITNESS WENDY ROSA	12:00p–2:00p ADULT LUNCH BASKETBALL	11:15a–12:00p OPEN GYM	11:30a–12:00p OPEN GYM	4:45p CLOSED	4:45p CLOSED
2:00p–4:00p CAMP	12:00p–12:45p L1 BUFF BONES PILATES WENDY ROSA	2:00p–4:00p CAMP	12:00p–2:00p ADULT LUNCH BASKETBALL	12:00p–2:00p ADULT LUNCH BASKETBALL		
4:15p–8:45p OPEN GYM	12:50p–2:00p ADULT LUNCH BASKETBALL	6:30p–7:30p OPEN GYM NOTE: 1/2 GYM IS RESERVED BETWEEN 6:30–7:30p	2:00p–4:00p CAMP	2:00p–4:00p CAMP		
	2:00p–4:00p CAMP		4:00p–7:00p TEEN OPEN GYM	4:15p–8:45p OPEN GYM		
	4:00p–7:00p TEEN OPEN GYM		7:00p–8:45p OPEN GYM			
	7:15p–8:45p PICKLEBALL PLAY					
8:45p CLOSED	8:45p CLOSED	8:45p CLOSED	8:45p CLOSED	8:45p CLOSED		

6/26/2026

NOTES & SCHEDULE CHANGES:

PICKLEBALL CLINICS: These clinics are free to Greenwich YMCA members, non-members \$20 Day Pass. Registration required. **Beginners** Clinics: First 2 Tuesdays of the month. **Intermediate** Clinic: Last 2 Tuesdays of the month.

****AMAZING KICKERS SOCCER RUNS THROUGH AUGUST 1****

Gym will be closed for a special event on July 14th from 4:00p – 7:45p

Gym will be closed on July 31st from 4:15p – 5:30p for "TGIFriday Fitness Fun"