

SUMMER GYM SCHEDULE

JULY 13-AUGUST 21

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	6:00a-9:15a 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	7:15a-9:45a ALL LEVELS PICKLEBALL PLAY (NO SIGN UP REQUIRED)	6:15a-7:15a BOOTCAMP LAMONT ROLLINS	7:00a-8:45a ALL LEVELS PICKLEBALL PLAY (NO SIGN UP REQUIRED)	9:30a-10:30a ***AMAZING KICKERS SOCCER***	1:00p-2:45p ALL LEVELS PICKLEBALL PLAY (NO SIGN UP REQUIRED)
	7:30a-8:30a PICKLEBALL CLINIC SEE BELOW		7:30a-9:45a ALL LEVELS PICKLEBALL PLAY (NO SIGN UP REQUIRED)		10:45a-12:45p 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 L1 FIT 4 LIFE DANA CONELIAS	9:00a-9:50a HIIT TOTAL BODY ABIGAIL RODRIGUEZ	1:00p-4:45p OPEN GYM	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-10:50a FIT 4 LIFE ABIGAIL RODRIGUEZ		
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		
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	 Updated: 7-13-2026	
4:15p-8:45p PLEASE SEE BELOW NOTES FOR OPEN GYM TIMES	12:50p-2:00p ADULT LUNCH BASKETBALL	4:15p-8:45p PLEASE SEE BELOW NOTES FOR OPEN GYM TIMES	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					

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 for Greenwich Stars on 7/20, 7/27, 8/3, 8/12 & 8/31, 6:00p - 8:00p

Gym will be closed for an event on on July 25th from 12:30p - 2:30p

Gym will be closed for a special event on July 29th from 5:00p - 7:30p

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

Gym will be closed for Greenwich Stars on August 17 & 19 from 5:00p - 7:30