

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: 8-5-2026	
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 a special event on July 29th from 5:00p – 7:30p

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 Greenwich Stars on August 10th, 17 & 19 from 5:00p – 7:30

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