

## Welcome to our Group Fitness Exchange program at the Y!



The YMCA of Greenwich has partnered with several of our neighboring YMCAs to expand our virtual class offerings. With the help of our YMCA partners in Darien, Wilton (Riverbrook), Westport, and Brookfield (Regional of Western CT), we are keeping you moving from the comfort of your home.

Of course, we would love to see you in person, but we understand flexibility and virtual offerings are paramount in today's environment. Stay virtually connected to your YMCA community with any of our live stream class offerings below. Members of the Greenwich Y have access to all of these virtual classes at no extra cost. Additional classes will be added every month.

**If you would like to register for a virtual class hosted by another Y (highlighted in blue), please email or call the hosting Y to register. Contact information for all participating Y's is listed below.**

Please contact Christine Lavin, Senior Director of Initiatives, at [clavin@gwymca.org](mailto:clavin@gwymca.org) with any questions.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:45 AM <b>Core &amp; Weight</b> Wendy R.	8:00-8:45 AM <b>Buts &amp; Guts</b> Wendy R.	8:00-8:45AM <b>Silver Sneakers</b> Debbie Regional YMCA	8:00-8:45 AM <b>Yoga</b> Susan	8:30-9:30 AM <b>Yoga</b> Susan	8:30-9:30 AM <b>Gentle Yoga</b> Francesca	
9:00-10:00 <b>Pilates Barre</b> Francesca	9:00-10:00 AM <b>Yoga</b> Susan	9:45-10:30 AM <b>Balance &amp; Strength</b> Wendy R.	9:00-10:00 <b>Pilates</b> Wendy R.	9:15-10:15 <b>Kickboxing</b> Marisa Regional YMCA	9:30-10:15 AM <b>Yoga</b> Grace Ann/Jill Darien YMCA	
12:00-1:00 <b>Yoga</b> Allegra	10:30-11:30 <b>Fit4Life</b> Dana	12:00-1:00 <b>Yoga</b> Allegra	9:30-10:30 <b>Zumba</b> Kellz	10:00-11:00 AM <b>Parkinson's Yoga</b> Francesca		10:00-11:00 AM <b>Yoga</b> Francesca
12:30-1:15 <b>Silver Sneakers</b> Sharon Wilton YMCA		5:00-6:00 <b>Pilates</b> Westport YMCA	10:30-11:30 <b>Fit4Life</b> Dana		12:30-1:15 <b>Silver Sneakers</b> Sharon Wilton YMCA	
		7:00-8:00 PM <b>Yoga</b> Francesca	12:00-1:00 PM <b>Barre</b> Wendy R.			

<b>Greenwich YMCA</b> Christine Lavin, Sr. Director of Initiatives; Wellness, Programming & Membership <a href="mailto:frontdesk@gwymca.org">frontdesk@gwymca.org</a> Front Desk: 203-869-1630	<b>Westport YMCA</b> Denise Hotch Fitness Coordinator <a href="mailto:dhotch@westportny.org">dhotch@westportny.org</a> Front Desk: (203) 226-8981 x111	<b>Darien YMCA</b> Jessica (Van Sciver) Benedetto, Director of Health & Fitness <a href="mailto:Jvansciver@darien-ymca.org">Jvansciver@darien-ymca.org</a> Front Desk: 203-655-8228	<b>Riverbrook (Wilton) YMCA</b> Dina Savitt, Group Fitness Coordinator <a href="mailto:groupx@riverbrookymca.org">groupx@riverbrookymca.org</a>	<b>Regional YMCA</b> Debbie Nichols, Physical Director of the Regional YMCA of Western CT <a href="mailto:Dnichols@regionalyymca.org">Dnichols@regionalyymca.org</a> 203-775-4444 ext.136
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Class Name	Class Descriptions
Balance & Strength	This class is designed to build and stabilize muscle groups while improving posture, balance and strength. Weights and mat work are included.
Barre	Lengthen and tone with dance derived postures that contain elements of ballet, yoga, and Pilates. <i>Equipment needed: mat or carpet, chair or railing, water</i>
Butts & Guts	Focus on core strength. Pilates and yoga-based moves, along with traditional abdominal exercises, to get needed results. <i>Equipment needed: mat or carpet, water</i>
Core & Weight	We focus on exercises utilizing free weights throughout the class. Whether we are standing or on the mat, weights are involved. An additional burst of core work is the focus at the end of class.
Fit4Life	<b>Active Adults Welcomed!</b> This class moves through a variety of movements and exercises, keeping our older active adults healthy and mobile.
H.I.I.T	HIIT class is a total body, heart pumping, aerobic, and strength conditioning workout.
Kickboxing	High Energy cardio-kickboxing is followed by weights and abdominal work. Kick, punch and tone your way to a stronger you! <i>Equipment needed: mat or carpet, weighted object, water</i>
Pilates	Strengthen and lengthen core muscles through controlled movement and breath. Improve balance, flexibility and body awareness. <i>Equipment needed: mat or carpet, towel, blanket or pillow, water</i>
Pilates Barre	A combination of Pilates and Barre for a great strength and stretch workout.
SilverSneakers Classic®	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support.
Total Barre	The workout dancers use to increase their flexibility, strength, power and grace. Tone and strengthen your body with this great workout.
Yoga	Learn the fundamentals of yoga including sun salutations, standing poses, balancing, seated & reclining poses, core isolation & strengthening. Special emphasis is placed on safety, alignment, breath, & learning to quiet the mind & find inner peace. <i>Equipment needed: mat or carpet, pillow, blanket or towel, water</i>