



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

THIS WEEK  
@THE Y

Sept 12 - 18  
2021

# WEEKLY SCHEDULE

## GROUP EX

### MONDAY, SEPTEMBER 13

11am - Pool Group Ex (+POOL Only)

### TUESDAY, SEPTEMBER 14

9:15am - Les Mills BODYFLOW  
10:30am - Silver & Fit Experience  
5:20pm - Les Mills GRIT SERIES  
6:00pm - Les Mills BODYPUMP

### WEDNESDAY, SEPTEMBER 15

6:00am - Cycle  
9:15am - GRIT Strength  
9:50am - Les Mills BODYFLOW  
10:00am - Pool Group Ex (+POOL Only)  
5:00pm - Les Mills GRIT SERIES  
5:40pm - Les Mills BODYFLOW

### THURSDAY, SEPTEMBER 16

9:15am - Les Mills BODYPUMP  
10:30am - Silver & Fit Experience

### FRIDAY, SEPTEMBER 17

6:00am - Cycle  
9:15am - Les Mills BODYPUMP  
11:00am - Pool Group Ex (+POOL Only)

### SATURDAY, SEPTEMBER 18

8:00am - Les Mills BODYPUMP

## EVENTS

### MID-MONTH MARKDOWN!

Beat the mid-month blues with **WAIVED JOIN FEE!** For one day only, all guests signing up for a membership can register with no join fee. Between 6am-1:30pm or 3-8:30pm on **September 15th**, stop in to renew or become a new member to take advantage of this great one-time offer!

### FIT FAMILY PROGRAM

The Y introduces FIT FAMILY - an 8 week program that focuses on mind, body, and family health! Adults and their children are welcome, and membership is not required. Join us September 20th on Tuesday and Thursdays at 6:30 for a variety of classes and programs including health cooking, physical fitness, fun outings and more!

### BLOOD DRIVE @THE Y

The Y and The Red Cross will hold a Blood Drive on Sept. 14th from 11am-4:30pm in the gymnasium. Please visit [RedCrossBlood.org](http://RedCrossBlood.org) and enter GREENSBURGYMCA to schedule an appointment.

## ANNOUNCEMENTS

### GYST SWIM TEAM

Fall/Winter Swim Team practices begin September 13th! For more info or to register, please visit our website.

### MASKING UPDATE

Vaccinated and non-vaccinated individuals **MUST** wear a mask in designated "Mask Zones" including ECLC, BASE, and Adult Training Facility. For a full list of COVID-19 protocols, visit our website.

### SANITATION STATIONS

Sanitizing stations are located throughout the facilities. Please wipe down equipment, lockers, etc. before and after use.

### POOL HOURS

Pool hours may change throughout Sept. Please see website for updates. +Pool members can also opt in for updates via text by texting @ckfca97 to 81010.

### BRING A BUDDY

Bring a Buddy (or buddies) to group ex class in September for free! If they sign up for a membership that day - their join fee is waived! \*each friend may only attend one class.



We're hiring for these positions:

- Before & After School Group Supervisor
- Lifeguard
- Maintenance Coordinator
- Cleaning/Housekeeping
- Maintenance Worker
- Childcare and more!

For more info, please visit or call at  
[www.greensburgymca.org](http://www.greensburgymca.org)  
724-834-0150

Greensburg YMCA  
101 South Maple Ave  
Greensburg, Pa 15601

\*information is subject to change\*

## This Week's Hours of Operation

### FITNESS FACILITIES

Sunday: CLOSED

Monday: 5:30am - 1:30pm | 3pm - 8:30pm

Tuesday: 5:30am - 1:30pm | 3pm - 8:30pm

Wednesday: 5:30am - 1:30pm | 3pm - 8:30pm

Thursday: 5:30am - 1:30pm | 3pm - 8:30pm

Friday: 5:30am - 1:30pm | 3pm - 8:30pm

Saturday: 6am - 3pm

### MEMBERSHIP | + POOL ONLY\*

Sunday: CLOSED

Monday: 5:30 - 11am | 3:30 - 8pm\*

Tuesday: 3:30pm - 8pm\*

Wednesday: 5:30 - 11am | 3:30 - 8pm\*

Thursday: 3:30 - 6pm\*

Friday: 5:30 - 11am | 3:30 - 7:30\*  
5:30pm - 7:30pm

Saturday: 6am - 11am\*  
9am - 10am