



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

THIS WEEK  
@THE Y

Nov 14 - 20  
2021

# WEEKLY SCHEDULE

## GROUP EX

### MONDAY, NOVEMBER 15

11am - Pool Group Ex (+POOL Only)

### TUESDAY, NOVEMBER 16

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

### WEDNESDAY, NOVEMBER 17

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, NOVEMBER 18

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

### FRIDAY, NOVEMBER 19

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

### SATURDAY, NOVEMBER 20

8:00am - Les Mills BODYPUMP

## EVENTS

### NOVEMBER 22

#### HOLIDAY WINDOW REVEAL

Get into the festive spirit as the Y unveils their holiday window display as part of Greensburg's Home for the Holidays Celebration! Explore the city and watch as each business reveals their festive decorations. Unveil time TBA.

#### WE'RE OPEN SUNDAYS!

As of 11/7, we are open on Sundays! Here's your chance to add a day to your workout routine before holiday splurging! Facilities are open 8am-1pm, pool open 8-11am for +Pool members.

#### NATIONAL PHILANTHROPY DAY

Thank you to our donors, volunteers and community partners. Your gifts are essential to the Y's work to strengthen the foundations of our community. We are so grateful for your generosity.

#### THANKSGIVING DAY PASS 50% OFF SALE!!

Home for the holidays or have a visitor who needs somewhere to workout? We're offering \$5 day passes during Thanksgiving weekend only! Get a jump start on burning off the turkey with no commitment or added fees.

## ANNOUNCEMENTS

### THANKSGIVING HOURS

Facilities will be closed in observance of Thanksgiving on Nov. 25.

### COVID UPDATES

ALL individuals MUST wear a mask in designated "Mask Zones". Sanitizing stations are located throughout the facilities. Please wipe down equipment, lockers, etc. before and after use. For a full list of protocols, visit our website.

### HOLIDAY PARADE 11/20

The Greensburg Holiday Parade is back! Kick off the season with the community to march down Main Street. Volunteer to walk with us or look for the Y's float!

### EXTENDED POOL HOURS!

Open Swim is now available to all members on Tuesdays from 3:30-5:00pm and Wednesdays from 10:00-11:00am. Please check schedule for any updates.

### GREENSBURG TURKEY TROT

Sprint into the holiday season! Join local runners and friends on Thanksgiving morning for a festive 5k. Register at [gbgturkeytrot.com!](http://gbgturkeytrot.com!)



We're hiring for these positions:

- Before & After School Group Supervisor
- Lifeguard & Swim Instructors
- Maintenance Coordinator
- Cleaning/Housekeeping
- Welcome Center Attendant
- ECLC childcare positions 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

### FITNESS FACILITIES

Sunday: 8am - 1pm

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 - 8pm

Saturday: 6am - 3pm

### MEMBERSHIP | + POOL ONLY\*

Sunday: 8am - 11am

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

Tuesday: 3:30pm - 8pm\*

3:30pm - 5pm

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

10am - 11am

Thursday: 3:30 - 8pm\*

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

5:30pm - 7:30pm

Saturday: 6:30 - 11am\*

8:30am - 10am