



FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

# MacColl YMCA

## Group Exercise Schedule

Contact: Emily Bird- Health and Wellness Director  
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**Schedule in Effect as of July 23<sup>rd</sup>- September 2<sup>nd</sup>, 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Slow Flow Yoga Gabrielle 9:15-10:15 am	Active Together Charissa 5:30 am-6:30 am	Power Flow Yoga Poyee 8:15-9:15 am	Boot-camp (Gymnasium) Ed 5:30-6:30 am	Slow Flow Yoga Gabrielle 9:15-10:15 am	Strength Train Together Charissa 7:30-8:30 am	Hatha Yoga Poyee 8:30-9:30 am
Boot-camp(Gymnasium) Ed 9:30-10:30 am	Chair Yoga Rebecca 8:30-9:15 am	Strength Train Together Charissa 9:30-10:30 am	Chair Yoga Poyee 8:30-9:15 am	Boot-camp (Gymnasium) McKenzie 9:30-10:30 am	Total Body Conditioning Ed 8:30-9:30 am	Zumba® Nisey 9:45-10:45 am
Strength Train Together Donna 10:30-11:30 am	Pickleball (Gymnasium) Self-Led 9:00-10:30 am	Pound® Kelly 10:30-11:30 am	Active Together Charissa 9:25-10:25 am	Trekking (Wellness Center) Selena 9:30-10:30 am	Active Together Kelly/Emily 9:30-10:30 am	Strength Train Together 11:00 am-12:00 pm Nisey
AOA Functional Strength Donna 11:30-12:30 am	Zumba® Kelly 9:25-10:25 am	AOA Functional Strength Danielle 11:30-12:30 pm	Pilates Sandra 10:30-11:15 am	Strength Train Together Karen 10:30-11:30 am	Hatha Yoga Shelley 10:45-11:45 am	
Core Dynamics Ed (Denise until July 30 <sup>th</sup> ) 4:30-5:15 pm	Active Together Kelly 10:30-11:30 am	Zumba® Meka 5:00-6:00 pm	Barre-Stretch and Tone Emily 5:15-6:00 pm	AOA Stretch Danielle 11:30-12:30 pm	<b>Group Cycle Classes*</b> <u>Monday</u> 5:30-6:30 am- Mirella 9:30-10:30 am- Selena <b>Cycle and Sculpt</b> 6:00-7:30 pm Stephanie <u>Tuesday</u> 5:30-6:30 am- Selena/Stephanie 9:30-10:30 am- Sandra <b>Cycle and Pilates</b> 6:30-7:30 pm- Helice <u>Wednesday</u> 5:30-6:30 am- Selena 6:00-7:00 pm-Breonna <u>Thursday</u> 5:30-6:30 am- Mirella 9:30-10:30 am Noelle <u>Friday</u> 5:30-6:30 am- Selena <u>Saturday</u> 7:30-8:30 am- Stephanie 9:15-10:00am- Selena <b>Express Cycle</b> <u>Sunday</u> 8:00-9:00 am- Peter	
Strength Train Together Charissa 5:25 pm- 6:25 pm	Pilates Shelley 5:00-6:00 pm	Strength Train Together Karen 6:00-7:00 pm	HIIT McKenzie 6:00-7:00 pm	Active Together Emily 4:30-5:30 pm		
Zumba® Holly 6:30-7:30 pm	Total Body Conditioning Ed 6:00-7:00 pm	Slow Flow Yoga Kim 7:15-8:15 pm	Vinyasa Flow Kim 7:00-8:00 pm			
	Active Together Rowan/Nisey 7:30-8:30 pm					

**BONUS CLASS:** YIN Yoga will be offered once per month on the last Sunday of the month from 4-5 pm. Join us on July 29<sup>th</sup>, and August 26<sup>th</sup> with Gabrielle

\*All Group Cycle Classes require registration 24 hours prior to the start of class

