

All Group Exercise Classes are free to members and reciprocal members. Non-members \$5 fee per class. Thank you, Josh

GENERAL INFO

- New to class? Tell your instructor if you need modifications.
- Warming up is a vital part of exercise, if you are more than 10 mins late, join us for the next class.
- Silence your cell phone. Calls to be taken out of room.
- You must be at least 16 years old.
- Classes evaluated on a regular basis and subject to change, based on attendance and availability.

CHILD WATCH HOURS:

Mornings

Monday –Friday **Ages**
9am–12:00 pm **3 months–5yrs**

Evenings

Monday - Friday
5:00 pm–8:00 pm **3 month–12yrs**

Saturday
8:30am–12:00 pm **3 month–12yrs**
Sunday CLOSED

GENERAL CLASS SCHEDULE

MONDAY

6:00–7:00 am	Balance and Flex Together	Elizabeth	Studio
9:00–10:00 am	Women with Weights	Josh	Studio
10:00–11:00 am	Aqua Cardio Latin Beat	Emiliano	Pool
5:30–6:30 pm	Strength Train Together	Elizabeth	Studio
6:00– 7:00pm	Group Cycling	Helga	1st fl
7:00–8:00pm	Balance and Flex Together	Elizabeth	Studio

TUESDAY

9:00–10:00 am	Cardio Latin Beat	Emiliano	Studio
9:00–10:00 am	Strong and Flex Seniors	Shelly	RTBF Room
6:00–7:00 pm	Group Cycling	Maria	1st Fl
6:00–7:00 pm	Strength Train Together	Rowan	Studio
7:00–8:00pm	Zumba	Frankie	Studio

WEDNESDAY

6:00–7:00 am	Strength Train Together	Emiliano	Studio
9:00–10:00 am	Women with Weights	Josh	Studio
9:00–10:00 am	Aqua Fit	Shelly	Pool
10:30–11:30 am	Silver Sneakers	Emiliano	Studio
5:30– 6:30 pm	Total Body	Brandy	Studio
6:00– 7:00pm	Aqua Fit	Shelly	Pool
6:45– 7:45pm	Balance and Flex Together	Brandy	Extreme Gym
6:45–7:45 pm	Zumba®	Denise	Studio

THURSDAY.

9:00–10:00 am	Cardio Latin Beat	Emiliano	Studio
9:00–10:00 am	Strong and Flex Seniors	Shelly	RTBF Room
10:00–11:00am	AOA Cardio Latin Beat	Emiliano	Extreme Gym
6:00–7:00pm	Muscle Conditioning	Lynne	Studio
6:00–7:00 pm	Group Cycling	Maria	1st Fl
7:00–8:00 pm	Strength Train Together	Denise	Studio

FRIDAY

9:00–10:30 am	Fitness Fusion	Josh	Studio
9:00–10:00 am	Aqua Fit	Shelly	Pool
10:30–11:30am	Silver Sneakers	Emiliano	Studio
6:00–7:00pm	Glutes & Core Training	Elizabeth	Studio

SATURDAY

8:30–9:30 am	Functional Athletic Train	Lynne	Studio
9:00–10:00am	Gentle Yoga	Brandy	Extreme Gym
8:30–9:30 am	Group Cycling	Maria	1st Flr
10:00–11:00 am	Zumba®	Denise	Studio
11:00–12:00 pm	Balance and Flex Together	Denise	Studio

BOLD= NEW CLASS or TIME CHANGE



GROUP EXERCISE – CLASS DESCRIPTIONS

STRENGTH TRAIN TOGETHER will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises.

ZUMBA® A fusion of Latin, international music and dance themes creating a dynamic, effective and fun fitness system. Zumba® uses the principles of interval training by combining fast and slow rhythms to tone and sculpt. No dance experience is required.

Women with Weights- A hour long circuit training class combining toning and shaping, core and strengthen exercises. You will be introduced to free weights and core training in an efficient way. This class is suitable for all ages abilities.

Cardio Latin Beat- This exciting class is an innovative freestyle fitness program that incorporates Latin dance steps as the foundation of a fun and intense cardio workout. Come laugh, dance and shake your hips in a class with infectious rhythm.

Fitness Fusion- A conditioning workout that is both cardiovascular and muscle toning. It is performed with light to moderate weights, body bars, and plyometric to create this fast pace, high intensity workout. This is for moderate to advanced exercisers since it is a 1 ½ hour class.

Functional Athletic Training- Combines a time compressed cardio workout with plyometric and sports drills, that will reshape your body. This class will strengthen and stabilize your body's core spinal and abdominal areas while sharpening speed, agility and balance. Great for athletes and intermediate to advanced fitness levels.

Muscle Conditioning- A combination of high impact drills and plyometric. A 60- minute cardio workout that incorporates exercises that help you to add definition to your muscles. Guaranteed to add intensity to your routine and make you sweat!

Boot Camp- Using the step, hand weights, exercise balls, and gliding discs, you will experience the most toning workout imaginable. Standing sculpting work, floor variations, plyometric and effective abdominal training will create a killer workout.

Strong & Flexible Seniors- This class increases flexibility and freedom of movement to help you do more. Incorporates a variety of exercises using weight machines and has a flexibility segment.

Silver Sneakers® Classic- This class is a low impact. Will use weights, elastic tubing, and a ball for resistance and a chair for seated and/or standing support. Very low impact.

Aqua Fit- This class combines water aerobics with intervals of body sculpting. You will work your body without putting pressure on your joints and bones. A great non-weight bearing class for abilities.

Aqua Cardio Latin Beat- (See Cardio Latin Beat Above)
This class is in the pool.

GROUP CYCLE An unmatched way to make your fitness goals a reality! With no complicated moves to learn, a motivating group environment and music that begs your legs to pedal, you will find yourself having a blast while you ride your way to a leaner and stronger body.

Gentle Yoga will help you relieve stress, while also helping your body become stronger and more flexible. Practice proper breathing and various Yoga poses to relax your body and reduce stress.

Glutes & Core Training This class will focus on strengthening and toning your core and glutes through a variety of resistance training exercises. It is designed to target the areas which support the lower back and provide the foundation for your body. You will rethink the way you define fatigue and will find new boundaries that will challenge your muscular endurance and strength.

Total Body This class is designed to strengthen all major muscle groups on your body. A variety of strength training equipment will be used including weights, resistance bands, and your own body weight. Proper form and technique are emphasized.

Balance & Flex Together will grow you longer and stronger with an invigorating 60 Minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE HEALTHIER

Group Exercise Schedule Pawtucket Family Y



FACILITY HOURS
Monday – Friday 5:30am – 9:00pm
Saturday 7:00am– 5:00pm
Sunday 7:00am–4:00pm

Mission Statement

To put Christian principles into practice through programs that build character and promote a healthy spirit, mind and body for all.