

## Water Aerobics Classes

### MONDAY

9:45-10:30am	Water Aerobics	Ray	Pool
7:00-7:30pm	Deep Water Exercise	Jill	Pool

### TUESDAY

9:00-9:45am	Water Aerobics	Ray	Pool
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### WEDNESDAY

9:45-10:30am	Water Aerobics	Ray	Pool
7:00-7:30pm	Deep Water Exercise	Jill	Pool

### THURSDAY

9:00-9:45am	Water Aerobics	Ray	Pool
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### FRIDAY

9:45-10:30am	Water Aerobics	Ray	Pool
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## Y CYCLE CLASS SCHEDULE

### MONDAY

5:30-6:15pm	Group C Room	Nicole
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### TUESDAY

6:00-7:00 pm	Group c Room	Elaine
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### THURSDAY

6:00-7:00 pm	Group C Room	Elaine
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### Sunday

8:30-9:30 am	Group C Room	Elaine
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### 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.



**WOONSOCKET YMCA**

## GENERAL CLASS SCHEDULE

### MONDAY

9:00-10:00am	Strength Train Together	Kristin	Studio
5:30-6:30pm	Strength Train Together	Karen	Studio
6:30-7:15 pm	Barre	Nicole	Studio

### TUESDAY

9:00-10:00am	Group Centergy (Balance & Flex)	Karen	Studio
5:30-6:30pm	Group Centergy (Balance & Flex)	Stephanie	Studio

### WEDNESDAY

9:00-10:00am	Strength Train Together	Kristin	Studio
5:30-6:00 pm	Muscle Conditioning	Elaine	Studio
6:15-7:15 pm	Yoga	Elaine	Studio

### THURSDAY

5:00-6:00pm	Strength Train Together	Rotating	Studio
6:00-7:00 pm	Zumba®	Nancy	Studio
7:00-8:00 pm	Yoga	Elaine	Studio

### Friday

<b>8:00-8:45am</b>	<b>Pilates</b>	<b>Cheryl Nisey</b>	<b>Studio</b>
<b>6:00-7:00pm</b>	<b>Zumba</b>		<b>Studio</b>

### SATURDAY

8:30-9:15am	Cardio Sculpting	Kelly	Studio
9:15-10:00 am	Pilates	Kelly	Studio
10:00-11:00 am	Zumba®	Nancy/Connie	Studio

### SUNDAY

9:30-10:30am	Yoga	Elaine	Studio
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**ALL STRENGTH TRAIN TOGETHER CLASSES DO NOT START UNTIL OCT 1**

**\*\*To get up to date information on classes and programs download our YMCA of Pawtucket APP on the APP Store for APPLE or ANDROID. \*\***

## GROUP EXERCISE - CLASS DESCRIPTIONS

**MUSCLE CONDITIONING** Serious full body workout utilizing free weights and other accessories that will completely strengthen and tone your entire body. This class whips your body into shape and builds strength.

**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.

**YOGA**— A form of exercise with the focus on whole-body integration. The postures or poses promote toning and strengthening muscles, flexibility, range of motion, balance and relaxation. Yoga is a spiritual practice providing tools to help quiet the mind, become more grounded, and live in harmony and tranquility.

**Y 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.

**PILATES**-This class puts an emphasis on building strength and improving posture, balance, coordination, and stamina. Designed to strengthen, stretch, and stabilize muscles without building bulk.

**WATER AEROBICS**- 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 all ages and abilities.

**DEEP WATER EXERCISE**— A class designed to create more resistance and less impact on your knees, back and feet because it is held in the deep end. Using a variety of techniques that may or may not include the use of a floatation belt, this class will give you a great all around workout including strengthening, toning, and cardio.

**CARDIO SCULPT**— This cardio interval class with non-stop movements and challenges will shape and tone your muscles.

### !!!NEW CLASSES!!!

#### GROUP CENTERGY

**(Balance and Flex Together)**— This class 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. Emotive music drives the experience as you breath and sweat through this full-body fitness journey.

**STRENGTH TRAIN TOGETHER**- Strength Train Together maximizes your workout results with 60 minutes of impactful strength training. You'll get stronger while improving movement when you combine traditional strength training with functional exercises using an adjustable barbell, weights and bodyweight.

**BARRE**- A challenging and unique workout that incorporates ballet and Pilates sculpting movements. This cross-training workout promotes balance, flexibility, and core strength while toning and lengthening your muscles.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOU LIVE HEALTHIER



Updated 1/4/19

NEW SCHEDULE: January 2019–June 2019

### ALL IN CHALLENGE!!!

Ask the Wellness Associate  
or Membership Desk for  
more information!

FREE FOR MEMBERS!

For more information please stop by  
the member service desk or call (401)  
769-0791.

Like us on facebook:

[https://www.facebook.com/  
Woonsocketymca/](https://www.facebook.com/Woonsocketymca/)



### FACILITY HOURS

Monday - Friday 5:00 am - 9:00 pm

Saturday 7:00 am– 5:00 pm

Sunday 8:00am-1:00pm