

## 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 plyometrics 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 your 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, plyometrics 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.**

**Silver Sneakers Yoga-** The term Vinyasa refers to the alignment of movement and breath, a method which turns static poses into dynamic flow. Throughout the 6 week session, you will improve muscle tone, flexibility, and strength. It is known that yoga helps reduce stress, tension and boosts self esteem. Sign up today!

**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.

**Strong by Zumba** is a high intensity interval training class using more traditional fitness moves for a more athletic, conditioning-style work out.

**Active Together** gives you all the training you need—cardio, strength, balance and flexibility—in just one hour. Get stronger and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movements. **Coming soon**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOU LIVE HEALTHIER



**NEW SCHEDULE: September 5th to October 28th , 2017**

### 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.



## Pawtucket Family YMCA

All Group Exercise Classes are free to members and reciprocal members. Non-members \$5 fee per class. Please ask for a Red Band upon check in at the front desk!

Thank you,  
Emerson  
Health and Wellness Director

### 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:

<b>Monday – Friday</b>	<b>Ages</b>
9am-12:00 pm	3 months-5yrs
4:00 pm-8:00 pm	3 months-12yrs
<b>Saturday</b>	
8:30am-12:00 pm	3 months-12yrs
<b>Sunday CLOSED</b>	

## GENERAL CLASS SCHEDULE

### MONDAY

6:00-7:00 am	Strength Train Together	Emiliano	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	Maria	Studio
6:30-7:30 pm	Zumba Toning	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
10:00-11:00 am	Strength Train Together	Emiliano	Studio
5:30-6:30 pm	Bootcamp	Bryan	Fitness Ctr
6:00-7:00 pm	Group Cycling	Maria	4th Fl
6:00-7:00 pm	Zumba®	Frankie	Studio
7:00-8:00 pm	Strong by Zumba	Elizabeth	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	Shelly	Studio
5:30-6:30 pm	Strength Train Together	Elizabeth	Studio
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
10:00-11:00 am	Silver Sneaker Yoga	Heather	Studio
6:00-7:00pm	Muscle Conditioning	Lynne	Studio
6:00-7:00 pm	Group Cycling	Maria	4th 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	Shelly	Studio
6:00-6:30pm	Core Conditioning	Elizabeth	Studio
6:30-7:30 pm	Zumba®	Frankie	Studio

### SATURDAY

8:30-9:30 am	Functional Athletic Train	Lynne	Studio
8:30-9:30 am	Group Cycling	Maria	4th Flr
10:00-11:00 am	Zumba®	Denise	Studio
11:00-12:00 pm	Strength Train Together	Elizabeth	Studio