



MacColl YMCA | June 22nd - June 28th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance Circuit Studio A	5:30AM-6:30AM (Cardio Conditioning) <i>Selena S.</i>				5:30AM-6:15AM (Strength) <i>Stefanie B.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Outdoor Pickleball Outdoor REGISTER	7:00AM-8:00AM (General) Staff	7:00AM-8:00AM (General) Staff	7:00AM-8:00AM (General) Staff	7:00AM-8:00AM (General) Staff	7:00AM-8:00AM (General) Staff	7:00AM-8:00AM (General) Staff	7:00AM-8:00AM (General) Staff
	8:00AM-9:00AM (General) Staff	8:00AM-9:00AM (General) Staff	8:00AM-9:00AM (General) Staff	8:00AM-9:00AM (General) Staff	8:00AM-9:00AM (General) Staff	8:00AM-9:00AM (General) Staff	8:00AM-9:00AM (General) Staff
	9:00AM-10:00AM (General) Staff	9:00AM-10:00AM (General) Staff	9:00AM-10:00AM (General) Staff	9:00AM-10:00AM (General) Staff	9:00AM-10:00AM (General) Staff	9:00AM-10:00AM (General) Staff	9:00AM-10:00AM (General) Staff
	10:00AM-11:00AM (General) Staff	10:00AM-11:00AM (General) Staff	10:00AM-11:00AM (General) Staff	10:00AM-11:00AM (General) Staff	10:00AM-11:00AM (General) Staff	10:00AM-11:00AM (General) Staff	10:00AM-11:00AM (General) Staff
	11:00AM-12:00PM (General) Staff	11:00AM-12:00PM (General) Staff	11:00AM-12:00PM (General) Staff	11:00AM-12:00PM (General) Staff	11:00AM-12:00PM (General) Staff	11:00AM-12:00PM (General) Staff	11:00AM-12:00PM (General) Staff
	12:00PM-1:00PM (General) Staff	12:00PM-1:00PM (General) Staff	12:00PM-1:00PM (General) Staff	12:00PM-1:00PM (General) Staff	12:00PM-1:00PM (General) Staff	12:00PM-1:00PM (General) Staff	12:00PM-1:00PM (General) Staff
	1:00PM-2:00PM (General) Staff	1:00PM-2:00PM (General) Staff	1:00PM-2:00PM (General) Staff	1:00PM-2:00PM (General) Staff	1:00PM-2:00PM (General) Staff	1:00PM-2:00PM (General) Staff	1:00PM-2:00PM (General) Staff
	2:00PM-3:00PM (General) Staff	2:00PM-3:00PM (General) Staff	2:00PM-3:00PM (General) Staff	2:00PM-3:00PM (General) Staff	2:00PM-3:00PM (General) Staff	2:00PM-3:00PM (General) Staff	2:00PM-3:00PM (General) Staff
	3:00PM-4:00PM (General) Staff	3:00PM-4:00PM (General) Staff	3:00PM-4:00PM (General) Staff	3:00PM-4:00PM (General) Staff	3:00PM-4:00PM (General) Staff	3:00PM-4:00PM (General) Staff	3:00PM-4:00PM (General) Staff
	4:00PM-5:00PM (General) Staff	4:00PM-5:00PM (General) Staff	4:00PM-5:00PM (General) Staff	4:00PM-5:00PM (General) Staff	4:00PM-5:00PM (General) Staff	4:00PM-5:00PM (General) Staff	4:00PM-5:00PM (General) Staff
	5:00PM-6:00PM (General) Staff	5:00PM-6:00PM (General) Staff	5:00PM-6:00PM (General) Staff	5:00PM-6:00PM (General) Staff	5:00PM-6:00PM (General) Staff		
	6:00PM-7:00PM (General) Staff	6:00PM-7:00PM (General) Staff	6:00PM-7:00PM (General) Staff	6:00PM-7:00PM (General) Staff	6:00PM-7:00PM (General) Staff		
	7:00PM-8:00PM (General) Staff	7:00PM-8:00PM (General) Staff	7:00PM-8:00PM (General) Staff	7:00PM-8:00PM (General) Staff	7:00PM-8:00PM (General) Staff		
8:00PM-9:00PM (General) Staff	8:00PM-9:00PM (General) Staff	8:00PM-9:00PM (General) Staff	8:00PM-9:00PM (General) Staff	8:00PM-9:00PM (General) Staff			
Strength Train Together Studio A	7:45AM-8:45AM (Strength) Diane S.		5:15PM-6:15PM (Strength) Tammy B.			7:15AM-8:15AM (Strength) Tammy B.	10:45AM-11:45AM (Strength) Denise H.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Power Yoga Studio A	9:00AM-10:00AM (Mind & Body) <i>Poyee O.</i>						
Chair Yoga Program Room 3 (Downstairs-Main Building)	10:00AM-11:00AM (Mind & Body) <i>Gerri B.</i>						
Werq Studio A	10:15AM-11:15AM (Dance) <i>Corey</i> 6:30PM-7:30PM (Dance) <i>Kat M.</i>	10:15AM-11:15AM (General) <i>Corey</i> 5:15PM-6:15PM (Dance) <i>Kat M.</i>	4:30PM-5:15PM (Strength) <i>Kat M.</i>	5:15PM-6:15PM (Dance) <i>Corey</i>	6:45PM-7:45PM (Dance) <i>Corey</i>		
Aqua Tone Pool REGISTER	10:30AM-11:30AM (Water) <i>Richard A.</i>						
Senior Fit Studio A	11:30AM-12:20PM (Strength) <i>Peter B.</i>						
Boot Camp Training Turf (locker room hallway)	3:00PM-3:50PM (General) <i>Angel M.</i> 4:00PM-4:50PM (Strength) <i>Angel M.</i>						
Pound Studio A	4:15PM-5:15PM (Cardio) <i>Kat M.</i>		7:00AM-7:45AM (Cardio) <i>Kat M.</i>				
Body Pump Studio A	5:15PM-6:15PM (Strength) <i>Corey</i>	9:00AM-10:00AM (Strength) <i>Corey</i>		9:00AM-10:00AM (Strength) <i>Corey</i>			
Yoga Studio A	7:30PM-8:30PM (Mind & Body) <i>Richard A.</i>			7:15PM-8:15PM (Mind & Body) <i>Maris C.</i>		9:45AM-10:45AM (Mind & Body) <i>Gabrielle D.</i>	8:15AM-9:15AM (Mind & Body) <i>Gabrielle D.</i>
Balance and Flex Together Studio A		5:30AM-6:30AM (Mind & Body) <i>Denise H.</i>		5:30AM-6:30AM (Mind & Body) <i>Denise H.</i>			
Pilates Fundamentals Studio A		7:00AM-7:45AM (Mind & Body) <i>Dionne B.</i> 4:30PM-5:15PM (Mind & Body) <i>Kallie M.</i>			7:00AM-7:45AM (Mind & Body) <i>Dionne B.</i>		
Total Body Conditioning Studio A		7:45AM-8:45AM (Strength) <i>Diane S.</i>		6:15PM-7:15PM (Cardio) <i>Richard A.</i>	9:00AM-10:00AM (Strength) <i>Corey</i>		7:15AM-8:00AM (Strength) <i>Robin B.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spin Program Room 3 (Downstairs-Main Building) REGISTER		9:00AM-10:00AM (Cardio) <i>Barbara M.</i> 5:30PM-6:15PM (Cardio) <i>Barbara M.</i>	5:30PM-6:15PM (Cardio) <i>Holly B.</i>	9:00AM-9:45AM (Cardio) <i>Barbara M.</i>		7:15AM-8:15AM (Cardio) <i>Stephanie M.</i>	8:30AM-9:30AM (Cardio) <i>Tami L.</i>
Aqua Blast Pool		10:30AM-11:15AM (Water) <i>Stacie S.</i>		10:00AM-10:45AM (Water) <i>Stacie S.</i>	9:30AM-10:15AM (Cardio) <i>Richard A.</i>		
Active Older Adults Studio A		11:30AM-12:20PM (Active Older Adults (AOA)) <i>Stacie S.</i>	11:30AM-12:20PM (General) <i>Nancy D.</i>	11:30AM-12:20PM (Mind & Body) <i>Stacie S.</i>			
HIIT Studio A		6:15PM-7:15PM (Strength) <i>Robin B.</i>					
Water Aerobics Pool		6:15PM-7:00PM (Water) <i>Staff</i>		6:15PM-7:00PM (Water) <i>Staff</i>			
Trekking Wellness Center			5:30AM-6:30AM (Cardio) <i>Selena S.</i>				
Step Interval Studio A			7:45AM-8:45AM (Cardio) <i>Diane S.</i>	4:30PM-5:15PM (Cardio) <i>Stacie S.</i>	7:45AM-8:45AM (General) <i>Diane S.</i>		
Spin and Sculpt Program Room 3 (Downstairs-Main Building) REGISTER			9:00AM-10:00AM (Cardio) <i>Robin B.</i>			9:00AM-10:00AM (Cardio) <i>Tami L.</i>	
YIN YOGA Studio A			9:00AM-10:00AM (General) <i>Poyee O.</i>				
Aqua Tone and Balance Pool			9:30AM-10:30AM (Cardio) <i>Richard A.</i>				
Zumba Studio A			10:15AM-11:15AM (Dance) <i>Nancy D.</i>		5:30PM-6:30PM (Dance) <i>Kat M.</i>	8:30AM-9:15AM (General) <i>Denise H.</i> 11:00AM-12:00PM (Dance) <i>Joanna P.</i>	9:30AM-10:30AM (Dance) <i>Denise H.</i>
Bootcamp Studio A			6:30PM-7:30PM (Cardio) <i>Kathleen B.</i>				
Barre Studio A				10:15AM-11:15AM (Mind & Body) <i>Corey</i>			

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Express Spin Program Room 3 (Downstairs-Main Building) REGISTER				5:30PM-6:00PM (Cardio Conditioning) <i>Barbara M.</i>			
Mat and Mobility Studio A					10:15AM-11:15AM (Mind & Body) <i>Gabrielle D.</i>		
Chair Yoga and Meditation Studio A					11:30AM-12:45PM (Mind & Body) <i>Gerri B.</i>		



Pawtucket Family YMCA | June 22nd - June 28th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Full Body Fitness Group Ex Studio	9:00AM-10:00AM (Strength) <i>Ricky W.</i>						
Aqua Cardio Latin Beat Pool	9:00AM-10:00AM (Water) <i>Angelica G.</i>						
AOA Group Cycling Cycling Room	10:00AM-11:00AM (Cardio) <i>Angelica G.</i>						
Strength Train Together Group Ex Room	5:00PM-6:00PM (Strength) <i>Carolina N.</i>						
Group Cycling Cycling Room	5:30PM-6:15PM (Cardio) <i>Helga F.</i>		5:30PM-6:15PM (Cardio) <i>Angelica G.</i>	6:00PM-7:00PM (Cardio) <i>Juvina S.</i>	7:45AM-8:30AM (Cardio) <i>Juvina S.</i>	8:00AM-9:00AM (General) <i>Juvina S.</i>	
Cardio Latin Beat Group Ex Studio	6:15PM-7:15PM (Cardio) <i>Angelica G.</i>	9:00AM-10:00AM (Cardio) <i>Emiliano L.</i>		9:00AM-10:00AM (Cardio) <i>Emiliano L.</i>	5:45PM-6:45PM (Cardio) <i>Angelica G.</i>		
Strong And Flexible Seniors Group Ex Studio		9:00AM-10:00AM (Strength) <i>Patrick C.</i>					
Aqua Tone Pool		9:15AM-10:15AM (Water) <i>Richard A.</i>		9:15AM-10:15AM (Water) <i>Richard A.</i>			
Defend Together Group Ex Studio		5:30PM-6:30PM (Cardio) <i>Denise H.</i>					
Power & Flow Group Cycling Cycling Room		6:00PM-7:00PM (Cardio) <i>Juvina S.</i>					
Women with Weights Group Ex Room		6:00PM-7:00PM (Strength) <i>Angelica G.</i>					
Sweat and Strength Group Ex Studio		6:30PM-7:30PM (Strength) <i>Carolina N.</i>					
Meditation Group Ex Studio			8:00AM-8:30AM (Mind & Body) <i>Corey P.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Fit Pool			9:00AM-10:00AM (Cardio) <i>Shelly M.</i>		9:00AM-10:00AM (Cardio) <i>Shelly M.</i>		
Full Body Workout Group Ex Studio			9:00AM-10:00AM (Strength) <i>Stacie S.</i>				
SilverSneakers Classic Group Ex Studio			10:30AM-11:30AM (General) <i>Emiliano L.</i>		10:30AM-11:30AM (General) <i>Emiliano L.</i>		
Lean and Strong Group Ex Studio			5:30PM-6:30PM (Strength) <i>Carolina N.</i>				
Zumba Group Ex Studio			6:30PM-7:30PM (Dance) <i>Denise H.</i>				
Strong And Flexible Seniors Group Ex Room				9:00AM-10:00AM (Strength) <i>Shelly M.</i>			
Tai Chi Group Ex Studio				10:15AM-11:15AM (Mind & Body) <i>Mike L.</i>			
Glutes and Core Group Ex Studio				6:00PM-7:00PM (Strength) <i>Dionne B.</i>			
Flexibility & Mobility Group Ex Studio				7:00PM-7:30PM (Mind & Body) <i>Dionne B.</i>			
30 min Abs Group Ex Studio					8:30AM-9:00AM (Strength) <i>Angelica G.</i>		
Full Body HIIT Group Ex Studio						8:30AM-9:30AM (Strength) <i>Lynne N.</i>	
Zumba Group Ex Room						9:30AM-10:30AM (Cardio) <i>Denise H.</i>	
Balance and Flex Together Group Ex Studio						10:30AM-11:30AM (General) <i>Denise H.</i>	