



# GROUP EXERCISE SCHEDULE

PAWTUCKET FAMILY YMCA

December 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Group Ex Studio</b>	FULL BODY FITNESS 9:00am Alyson	CARDIO LATIN BEAT 9:00-10:00am Angelica	Body Pump 9:00-10:00am Corey	CARDIO LATIN BEAT 9:00-10:00am Angelica	30mins ABS 8:30am-9:00am Angelica	FULL BODY HIIT 8:30-9:30am Lynne	
			SILVERSNEAKER 10:30-11:30AM TBD		SILVERSNEAKERS 10:30-11:30am TBD	ZUMBA 9:30-10:30am Denise	
	STRENGTH TRAIN TOGETHER 5:00-6:00pm Carolina	Strong 5:30-6:30pm Elizabeth	LEAN & STRONG 5:30-6:30pm Carolina	NEW CLASS WERQ 530-6:30 Kathryn	CARDIO LATIN BEAT 5:45pm-6:45pm Angelica	BALANCE and FLEX 10:30-11:30am Denise	
	CARDIO LATIN BEAT 6:15-7:15pm Angelica	DEFEND TOGETHER 6:30-7:30 Denise	ZUMBA 6:30-7:30pm Denise	GLUTES & CORE 6:45-7:45pm Elizabeth			
<b>Be Fit Room</b>	<b>MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY</b>					<b>FACILITY HOURS</b> Monday-Friday 6:00am-8:00pm Saturday/Sunday 7:00am-3:00pm	
	LIVESTRONG 6-7:30PM	STRONG & FLEXIBLE SENIORS 9:00-10:00am Shelly  Women with Weights 6:00pm-7:00pm Angelica	LIVESTRONG 6-7:30PM	STRONG & FLEXIBLE SENIORS 9:00-10:00am Shelly			
<b>CYCLE ROOM</b>	AOA CYCLING 10:00-10:30am Angelica	POWER & FLOW 6:00-7:00pm Juvina		CYCLING 6:00-7:00pm Juvina	CYCLING 7:45-8:30am Juvina	CYCLING 8:00-9:00am Juvina  Pedaling for Parkinsons 10am-11am	CYCLING 8:00-9:00am Juvina
<b>POOL</b>	AOA CYCLING 10:00-10:30am Angelica	POWER & FLOW 6:00-7:00pm Juvina		CYCLING 6:00-7:00pm Juvina	CYCLING 7:45-8:30am Juvina	CYCLING 8:00-9:00am Juvina  Pedaling for Parkinsons 10am-11am	CYCLING 8:00-9:00am Juvina
	AQUA CARDIO LATIN BEAT 9am-10am Angelica	AQUA TONE 9:15am-10:15am Ritchie	AQUA FIT 9-10am Shelly	AQUA TONE 9:15am-10:15am Ritchie	AQUA FIT 9-10am Shelly		

Most be 16 years old to participate in Group Ex Classes.  
Except Zumba you can be 12 years old

**CHILD WATCH HOURS**  
Monday-Friday  
5:00pm-8:00pm



**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.

**Defend Together** is an exciting cardio workout fueled by MMA moves from inside and outside the octagon. It borrows training styles from MMA, kickboxing, Muay Thai, karate, functional athletic training and more. Defend Together is for anyone wanting a unique, challenging and athletic workout.

**Balance & Flex Together will stretch the mind and body with an invigorating 60-minute workout. Incorporating Yoga and Pilates fundamentals with athletic training, you'll begin to strengthen your balance, mobility, flexibility, and core.**

**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

**Strong By Zumba** It's a full-body high-intensity workout that conditions muscles with a combination of cardio and plyometric training moves synced to original music.

**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.

**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 Tone** This multi-level workout is easy on the joints while providing the benefits of a light-to-mid intensity cardiovascular water workout. Aqua Tone includes some strength exercises using water weights for a total body workout.

**Aqua Cardio Latin Beat is the same as Cardio Latin Beat but in the pool. A fun class to get you moving in the water.**

**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.

**Power & Flow Cycling** is an intense combo class that will push your body to the limit. It combines intervals of cardio with strength conditioning, moving quickly between the bike and equipment on the ground. Expect to work with dumbbells, and your own body-weight.

**AOA Group Cycling** this class is for all experience levels. A great 30min low-impact exercise option for older adults that can be both fun and social.

**Pedaling for Parkinson's (PFP)** is an indoor cycling program for people with Parkinson's disease that's based on research showing that pedaling at a rapid pace can reduce symptoms

**30 Mins ABS** strengthens everything from your shoulders to your hips to make you stronger, quicker, and faster in all you do. In addition, strengthening your core can reduce back pain and give you great looking abs! It's quick, challenging and like nothing else.

**Glute & Core** This class will get your core and glutes engaged in an incredible work out.

**Lean & Strong** This class will provide a series of exercises for your core, upper and lower body to create a total body workout. Modifications will be given for all levels.

**Full Body HIIT** is fast, fun and anything but boring. Expect quick, energetic bursts of exercise and minimal rest periods to supercharge your workout and blast away calories.

**Full Body Fitness** Is a well rounded workout that helps strengthen your entire body. By incorporating both weighed and cardiovascular exercises,. You will get a challenging ,effective and fun workout. This class is suitable for every fitness level.

**LIVESTRONG** assists those who are living with, through, or beyond cancer to regain strength and connect with other cancer survivors. Livestrong at the YMCA participants experience improved fitness and quality of life as well as significant decreases in cancer-related fatigue. This is a free 12 week program.

**Looking for something online, check out Y360!**

