

# GROUP EXERCISE

Dates: May 2025  
Branch: Pawtucket Family YMCA



| SUNDAY | MONDAY  | TUESDAY  | WEDNESDAY                                      | THURSDAY   | FRIDAY  | SATURDAY                                       |
|--------|---|--|--|--|---|--|
|        | Full Body Fitness   Alyson<br>9 AM - 10 AM        | Cardio Latin Beat   Emiliano<br>9 AM - 10 AM       | Body Pump   Corey<br>9 AM - 10 AM              | Cardio Latin Beat   Emiliano<br>9 AM - 10 AM         | Cycling   Juvina<br>7:45 AM - 8:30 AM             | Cycling   Juvina<br>8 AM - 9 AM                |
|        | Aqua Cardio Latin Beat   Angelica<br>9 AM - 10 AM | Strong & Flexible Seniors   Shelly<br>9 AM - 10 AM | Aqua Fit   Shelly<br>9 AM - 10 AM              | Strong & Flexible Seniors   Shelly<br>9 AM - 10 AM   | 30 Min Abs   Angelica<br>8:30 AM - 9 AM           | Full Body HIIT   Lynne<br>8:30 AM - 9:30 AM    |
|        | AOA Cycling   Angelica<br>10 AM - 10:30 AM        | Aqua Tone   Ritchie<br>9:15 AM - 10:15 AM          | Silver Sneakers   Lynne<br>10:30 AM - 11:30 AM | Aqua Tone   Ritchie<br>9:15 AM - 10:15 AM            | Aqua Fit   Shelly<br>9 AM - 10 AM                 | Zumba   Denise<br>9:30 AM - 10:30 AM           |
|        | STT   Carolina<br>5 PM - 6 PM                     | Strong HIIT   Elizabeth<br>5:30 PM - 6:30 PM       | Lean & Strong   Carolina<br>5:30 PM - 6:30 PM  | Tai Chi   Mike<br>10:15 AM - 11:15 AM                | Silver Sneakers   Emiliano<br>10:30 AM - 11:30 AM | Balance & Flex   Denise<br>10:30 AM - 11:30 AM |
|        | Cardio Latin Beat   Angelica<br>6:15 PM - 7:15 PM | Women with Weights   Angelica<br>6 PM - 7 PM       | Cycling   Angelica<br>5:30 PM - 6:15 PM        | Cycling   Juvina<br>6 PM - 7 PM                      | Cardio Latin Beat   Angelica<br>5:45 PM - 6:45 PM |  |
|        |   | Power & Flow   Juvina<br>6 PM - 7 PM               | Zumba   Denise<br>6:30 PM - 7:30 PM            | Glutes & Core   Elizabeth<br>6 PM - 7 PM             |   |  |
|        |   | Defend Together   Denise<br>6:30 PM - 7:30 PM      |  | Flexibility & Mobility   Elizabeth<br>7 PM - 7:30 PM |   |  |

**KIDZONE HOURS**  
MONDAY - FRIDAY  
5 PM - 8 PM  
SATURDAY  
8:30 AM - 11:30 AM

For any class changes, cancellations, or reservations, scan here.



\*Classes with a colored background denote changes to the class. /  
Classes with blue words denote that the class is Bi-lingual.

**Locations & Color Key:**  
Extreme Gym  
Fitness Floor - Lower Level  
Cycle Room  
Pool  
Functional Fitness Room

# DESCRIPTIONS



## **AOA Cycling**

This class is for all experience levels. A great 30-minute, low-impact exercise option for older adults that can be both fun and social.

## **Aqua Cardio Latin Beat**

Take your moves to the pool! This class follows the same model as Cardio Latin Beat, except in the pool. A fun way to get you moving in the pool.

## **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 all abilities.

## **Aqua Tone**

The moderately paced class is held in deeper water and focuses on toning and strengthening with aqua weights.

## **Balance & Flex**

Balance & Flex Together is a 60-minute YMCA group exercise class that combines yoga and Pilates with athletic training to improve balance, flexibility, mobility, and core strength. The class is suitable for all levels, from beginners to athletes, and uses choreographed bodyweight movements, meditation, and breathwork.

## **BodyPump**

BodyPump is a scientifically backed barbell workout using light to moderate weights and high reps to build strength and get you fit – fast.

## **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 hops in a class with an infectious rhythm.

## **Cycling**

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.

## **Defend Together**

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.

## **Flexibility & Mobility**

Flexibility mobility is a workout regimen that focuses on improving the range of motion in your joints by actively moving through different positions, combining elements of both static stretching (holding a position to lengthen muscles) and dynamic movements to enhance overall flexibility and functional movement patterns within the body; essentially aiming to make your body more agile and less prone to injury by increasing your ability to move freely through a full range of motion

## **Full Body Fitness**

This is a well-rounded workout that helps strengthen your entire body. By incorporating both weighted and cardiovascular exercises, you will get a challenging, effective, and fun workout. This class is suitable for every fitness level.

## **Full Body HIIT**

This class 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.

## **Glutes & 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.

## **Power Flow & Cycling**

This class 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.

## **Silver Sneakers Classic**

This class is low impact. Participants will use weights, elastic tubing, and a ball of resistance, and a chair for seated and/or standing support.

## **Strong & Flexible Seniors**

This class increases flexibility and freedom of movement to help you do more. It incorporates a variety of exercises using weight machines and has a flexibility segment.

## **Strong HIIT**

A full-body, high-intensity workout that conditions muscles with a combination of cardio and plyometric training moves synced to original music.

## **Strength Train Together**

Sculpt your muscles with a high-rep weight-training workout. Using a barbell, weight plates, and body weight, this workout uses 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 tone and sculpt.

## **30-Min Abs**

This class will strengthen 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.