

GROUP EXERCISE

Dates: September 2025
Branch: Pawtucket Family YMCA



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

CHILD WATCH HOURS:

MONDAY - FRIDAY
8:30 AM - 11:30 AM
5 PM - 8 PM

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 workout.

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.

Meditation

Find your center in this 30-minute guided meditation practice, appropriate for everyone from first-time to experienced meditators. Come breathe, unwind, and build community together.

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.

Strength & Sculpt

Build strength, boost your metabolism, and sculpt your entire body with this energizing full-body workout that incorporates free weights, resistance bands, and bodyweight exercises. Designed for all fitness levels, this class focuses on proper form and controlled movements to target major muscle groups.

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.

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.