GROUP EXERCISE

Dates: November 2026

Branch: Pawtucket Family YMCA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Full Body Fitness | Ricky 9 AM – 10 AM	Strong & Flexible Seniors | Patrick 9 AM – 10 AM	Meditation | Corey P 8 AM – 8:30 AM	Strong & Flexible Seniors | Shelly 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	Cardio Latin Beat | Emiliano 9 AM – 10 AM	Full Body Workout | Patrick 9 AM – 10 AM	Cardio Latin Beat | Emiliano 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	
	Cycling | Juvina 5:30 PM – 6:15 PM	EGYM Cardio Blast | 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 | Dionne 6 PM – 7 PM		
		Sweat & Strength | Carolina 6:30 PM – 7:30 PM	Zumba | Denise 6:30 PM – 7:30 PM	Flexibility & Mobility | Dionne 7 PM – 7:30 PM		

CHILD WATCH HOURS:

MONDAY – FRIDAY

5 PM – 8 PM

THANKSGIVING HOURS

7 AM – 11 AM

8 AM – GROUP CYCLING (HELGA)

9 AM – ZUMBA (NISEY)

10 AM – HIIT (CAROLINA)

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.

EGYM Cardio Blast
Get your heart pumping in this high-energy, full-body workout powered by EGYM! Cardio Blast combines interval-based cardio with strength movements on EGYM smart equipment to boost endurance, burn calories, and improve overall fitness. This coach-led class is designed for all fitness levels, with personalized resistance and pacing that adapts to you. Expect a fun, motivating workout that keeps you moving and challenges you to push your limits. Must be EGYM onboarded

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.

Sweat & Strength
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.