









MacColl YMCA In-Person Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Balance & Flex		8am – 9am With Karen		8am – 9am With Karen		
HIIT		6pm – 7pm With Bethany				
Strength Train Together			9am – 10am With Karen			7:15am-8:15am With Bethany
Trail Walks					9am – 10am With Jeanine or Janet	
Yoga				6pm-7pm With Kim		
Zumba	11am – 12pm With Jeanine					
Cycling	6pm-7pm With Stephanie		8:30am – 9:30am With Bethany			7:15am – 8:15am With Stephanie 8:30am – 9:30am With Helice
Water Aerobics	11am – 11:40am 12pm-12:20pm With Loretta	6pm – 7pm With Kim	11am – 11:40am 12pm-12:20pm With Loretta			

All Spin classes are held in the Pavilion (while weather permits), an open-air studio across from the main building.

Registration is required for all listed classes and can be completed on our website, ymcapawtucket.org, under the schedules tab or through our new "Daxko Mobile" app.