
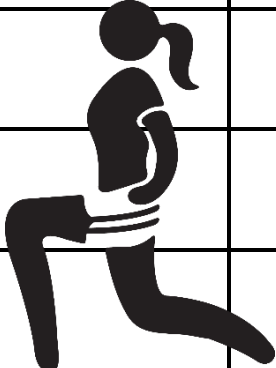




YMCA of Pawtucket Live Group Exercise Schedule *(by class)*

Visit <https://www.facebook.com/groups/ymcapawtucketliveportal> to join in.



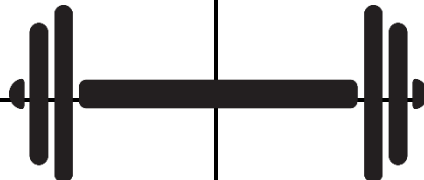
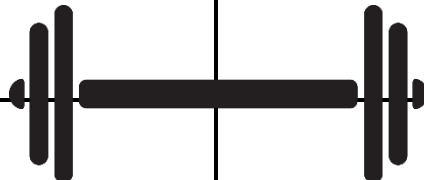
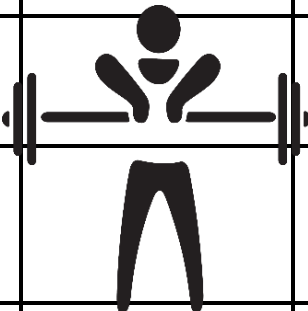
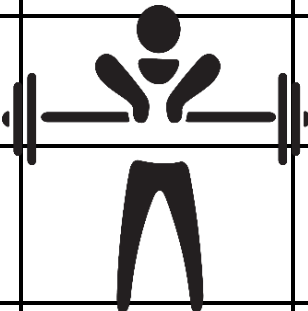
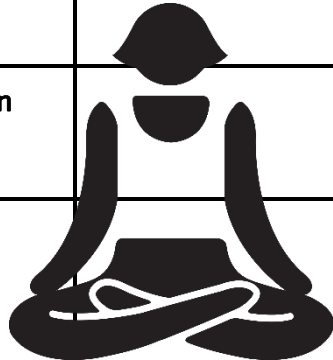
CLASS:	Mon	Tues	Wed	Thurs	Fri	Sat
Balance and Flex		9AM-10AM Karen --- 5PM-6PM Stephanie		9AM-10AM Karen		
Strength Train Together	5PM-6PM Nisey		9AM-10AM Karen --- 5:00PM-6:00PM Bethany		9AM- 10AM Kristin	7:15AM-8:15AM Bethany
HIIT		6PM-7PM Bethany		5:00PM-6:0PM Selena		8:30AM-9:30AM Lynne
AOA Strength			11AM-12PM Emiliano	11AM-12PM Jeanine	11AM-12PM Emiliano	
Yoga/ Mediatation	9AM-10AM Elaine			6PM-7PM Helice	5:00PM Justin (30 min)	
Pilates	6PM-7PM Cheryl					
Zumba	11AM-12PM Jeanine	10:30AM-11:30AM Jeanine		2PM-3PM Nancy		10:30AM-11:30AM Nisey
Barre			6PM-7PM Elaine			
Cycling						9:30AM-10:30AM Selena

Keep an eye on our website for information on our new live class platform – coming soon!

YMCA of Pawtucket Live Group Exercise Schedule *(by time)*

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TIME:	Mon	Tues	Wed	Thurs	Fri	Sat
7:15AM - 8:15AM						Strength Train Together Bethany
8:30AM - 9:30AM						HIIT Lynne
9:00AM - 10:00AM	Yoga Elaine	Balance & Flex Karen	Strength Train Together Karen	Balance & Flex Karen	Strength Train Together Kristin	Cycling Selena <i>(9:30AM - 10:30AM)</i>
10:30AM - 11:30AM		Zumba Jeanine				Zumba Nisey
11AM - 12PM	Zumba Jeanine		Silver Sneakers Emiliano	Active Older Adult Strength Jeanine	Silver Sneakers Emiliano	
2PM - 3PM				Zumba Nancy		
5:00PM - 6:00PM	Strength Train Together Nisey	Balance & Flex Stephanie	Strength Train Together Bethany	HIIT Selena	Meditation Justin <i>(30 mins)</i>	
6:00PM - 7:00PM	Pilates Cheryl	HIIT Bethany	Barre Elaine	Yoga Helice		

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