





Woonsocket **Virtual** Group Exercise Schedule



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

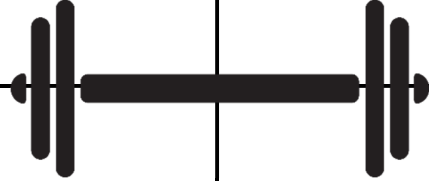

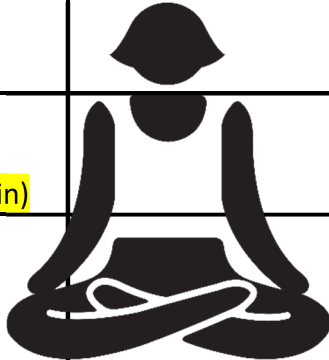
CLASS:	Mon	Tues	Wed	Thurs	Fri	Sat
Balance and Flex		9AM-10AM Karen 5PM-6PM Stephanie				
Strength Train Together	5PM-6PM Nisey		9AM-10AM Kristin --- 5:00PM-6:00PM Bethany	5:00PM-6:00PM Kristin	9AM- 10AM Kristin	
HIIT						8:30AM-9:30AM Lynne
AOA Strength			11AM-12PM Emiliano		11AM-12PM Emiliano	
Yoga/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

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

Woonsocket **In Person** Group Exercise Schedule



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TIME:	Mon	Tues	Wed	Thurs	Fri	Sat
7:15AM - 8:15AM						
8:30AM - 9:30AM						
9:00AM - 10:00AM	Yoga Elaine		Strength Train Together Kristin		Strength Train Together Kristin	
10:30AM - 11:30AM						
11AM - 12PM						Teen Weight Lifting 11:15AM- 12:15PM
2PM - 3PM						
5:00PM - 6:00PM		Balance & Flex Stephanie	Cycling Elaine (45 min)	Strength Train Together Kristin	Cycling Elaine (45 min)	
6:00PM - 7:00PM	Pilates Cheryl		Barre Elaine			

Classes are subject to change based on attendance. **Highlighted classes start the week of Feb 15th**