

Water Aerobics Classes

MONDAY

10:00-10:45am	Water Aerobics	Ray
2:00-2:45pm	Water Aerobics	Ray
6:30-7:15pm	Aqua Gym	Jill

TUESDAY

8:00-8:45am	Aqua Gym	Ray
10:00-10:45am	Deep Water Therapy	Jill

WEDNESDAY

10:00-10:45am	Water Aerobics	Ray
2:00-2:45pm	Water Aerobics	Ray
6:30-7:15pm	Aqua Gym	Jill

THURSDAY

8:00-8:45am	Aqua Gym	Ray
10:00-10:45am	Deep Water Therapy	Jill

FRIDAY

10:00-10:45am	Water Aerobics	Ray
2:00-2:45pm	Water Aerobics	Ray

Pool

Y CYCLE CLASS SCHEDULE

MONDAY

8:30-9:30am	Studio	Elaine
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Wednesday

5:15-6:00 pm	Studio	Elaine
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Friday

5:00-6:00 pm	Studio	Elaine
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GENERAL INFO:

- New to class? Tell your instructor if you need modifications.
- Warming up is a vital part of exercise, if you are more than 10 mins late, join us for the next class.
- Silence your cell phone. Calls to be taken out of room.
- You must be at least 16 years old.



GENERAL CLASS SCHEDULE

MONDAY

8:30-9:00 am	Cycling**	Elaine	Studio
9:00-10:00 am	Yoga	Elaine	Studio
5:00-6:00 pm	Strength Train Together	Nancy	Studio

TUESDAY

5:00-6:00pm	Balance & Flex	Stephanie	Studio
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WEDNESDAY

5:15-6:00 pm	Cycling**	Elaine	Studio
6:15-7:00pm	Yoga	Elaine	Studio

THURSDAY

FRIDAY

5:00-5:45 pm	Cycling**	Elaine	Studio
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SATURDAY

9:00-10:00 am	Pilates	Cheryl	Studio
10:00-11:00am	Zumba@	Nancy	Studio

* Log on to Virtual Classes at ymca360.org

** Y Cycle Classes– registration required see Wellness Staff or Member Service Associate to sign up **

**To get up to date information on classes and programs download our YMCA of Pawtucket APP on the APP Store for APPLE or ANDROID. **

GROUP EXERCISE - CLASS DESCRIPTIONS

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 to tone and sculpt. No dance experience is required.

YOGA— A form of exercise with the focus on whole-body integration. The postures or poses promote toning and strengthening muscles, flexibility, range of motion, balance and relaxation. Yoga is a spiritual practice providing tools to help quiet the mind, become more grounded, and live in harmony and tranquility.

Y CYCLE 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.

PILATES—This class puts an emphasis on building strength and improving posture, balance, coordination, and stamina. Designed to strengthen, stretch, and stabilize muscles without building bulk.

WATER AEROBICS— This class utilizes the entire shallow end of the pool, and aims to help people with flexibility, cardio, balance and muscle strength. The advantage of this class is the water eliminated the harsh impact on the joints that on-land exercise provides.

DEEP WATER EXERCISE— With use of aqua joggers, individuals can get a complete body work out with very limited impact on the joints. This class focuses on range of motion,

flexibility, and working opposing muscle groups. Must be comfortable with water over your head. This class is ideal for those wanting a bigger challenge. Consider trying some of the exercises without the aqua jogger belt.

AQUA GYM— A class that utilizes the support of the water paired with resistance and weight training. This 45 minute class is a mix of aerobics training, cross training, strength training, and cardio. This class takes place in shallow and deep water.

DEEP WATER THERAPY— Great for back pain, hip/knee replacements. This class focuses on range of motion, flexibility, and working opposing muscle groups. Must be comfortable with water over your head. This class is ideal for those wanting a bigger challenge. Consider trying some of the exercises without the aqua jogger belt.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE HEALTHIER

Group Exercise Schedule Woonsocket YMCA



Updated 5/6/2022

NEW SCHEDULE: May 2022

For more information please stop by the member service desk or call
(401) 769-0791.

Like us on facebook:
<https://www.facebook.com/Woonsocketymca/>



FACILITY HOURS
Monday - Friday 6:00 am - 8:00 pm
Saturday 7:00 am - 3:00 pm
Sunday Closed