



Group Exercise Schedule

	MON	TUE	WED	THU	FRI	SAT
8:00-8:45 a.m.		Aqua Gym Ray		Aqua Gym Ray		
8:30-9:00 a.m.	Cycling Elaine					
9:00-10:00 a.m.	Yoga Elaine	PNF Stretch Dave				Pilates Cheryl
9:15-10:00 a.m.						
10:00-10:45 a.m.	Water Aerobics Ray	Deep Water Therapy Jill	Water Aerobics Ray	Deep Water Therapy Jill	Water Aerobics Ray	Zumba Nancy *10-11am
12:00-12:15						
2:00-2:45 p.m.						
5:00-6:00 p.m.	Strength Train Together Nancy	Pilates Cheryl *5:15-6pm	Cycling Elaine *5:15-6pm	Cycling Steve	Cycling Elaine *5:15-6pm	
6:30-7:15 p.m.	Aqua Gym Jill		Yoga 6:15pm Aqua Gym 6:30pm			
CLASS LOCATION	GROUP FITNES ROOM	CYCLING ROOM	POOL			

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.

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.

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.

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.

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.

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.

PNF Stretch- Proprioceptive Neuromuscular Facilitation is a stretching technique that can improve your range of motion. You will flex/contract a muscle then immediately stretch it!

STRENGTH TRAIN TOGETHER- This total body workout will use body weight, dumbbells, and barbells to pump up every muscle your body.

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.

Classes evaluated on a regular basis and subject to change, based on attendance and availability.

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