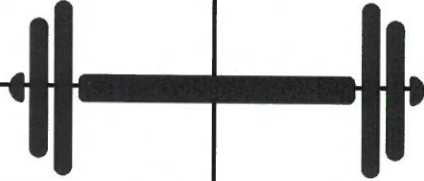

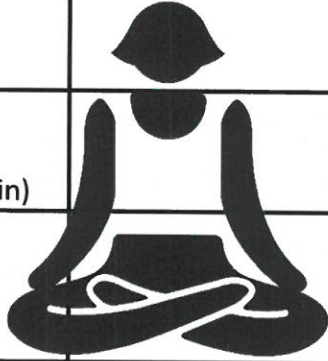


# Woonsocket **In Person** Group Exercise Schedule

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



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			
10:30AM - 11:30AM						
11AM - 12PM						
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		Yoga Elaine			

*Classes are subject to change based on attendance.*