

# Class Descriptions

**ACTIVE TOGETHER:** This class gives you all the training you need—cardio, strength, balance and flexibility.

**AOA FUNCTIONAL STRENGTH:** A Low impact workout using weights, elastic tubing, and body-weight exercises.

**BALANCE AND FLEX TOGETHER:** Is includes fundamentals from yoga and Pilates set to emotive music

**BOOTCAMP:** Join Sgt. Angel Mercado in an intense 1-hour of Boot Camp style drills.

**CARDIO-CORE:** Get the heart going with high intensity burst intervals, strengthen the core to help your overall wellness!

**CYCLING:** Hop on the bike and take a ride! You'll be climbing hills and sweating through speed intervals to motivating music. Limit 15 people per class.

**ENDURANCE CIRCUIT:** A great mix of Cardio and Strength workouts to boost the start of your day!

**HIIT:** High intensity cardio bursts designed to tone your body, improve your endurance and clear your mind.

**STRENGTH TRAIN TOGETHER:** Blast all your muscles with a high-rep weight training workout. Using barbell, weight plates and body weight, this workout uses functional integrated exercises.

**TOTAL BODY CONDITIONING:** You will get a full body workout in this fast-paced freeform class. High repetition exercises and varied equipment to get you a head to toe workout!

**YOGA:** This class focuses on and flexibility and sequencing of posture. Perfect for the body & mind.

(Class style may vary depending on instructor.)

**YOUTH STRENGTH CLASS:** Teens will learn a variety body weight, functional and core specific workouts to be healthy & active. Intended for ages 12-17. Limit 12 people per class.

**YOUTH SPORTS CONDITIONING CLASS:** A class designed to take the young athletes game to the next level! Focusing on fundamentals of strength and power that will translate to any sport! Intended for Athletes ages 12-17. Limit 12 people per class.

**WATER AEROBICS:** An aerobic workout in the shallow end of the pool. Classes may use water weights and pool noodles to increase resistance.

**WERQ:** A wildly addictive cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps.

**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.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BE HAPPY BE HEALTHY BELONG



## MacColl Group Exercise Schedule

*Updated : 09/13/2021*

**ALL GROUP EXERCISE  
CLASSES ARE INCLUDED WITH  
YOUR MEMBERSHIP**

### FACILITY HOURS

Monday - Friday  
**5:15 am - 9:00 pm**

Saturday-Sunday  
**7:00 am - 3:00 pm**

### CHILD WATCH HOURS:

*Ages 6mos - 12yrs*

Tuesday and Wednesday

**8:45am-11:45am**

Monday-Thursday

**4:30pm-7:30pm**

Friday

**5pm-6:30pm**

Saturday

**8:30am-12pm**

**MacColl YMCA 32 Breakneck Hill Road, Lincoln RI**  
**02865 • 401.725.0773**

[www.ymcapawtucket.org](http://www.ymcapawtucket.org)



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# MacColl YMCA

## Group Exercise Schedule

Schedule in effect as of September 30<sup>th</sup>, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cycling*</b> with Selena 5:30am	<b>Endurance Circuit</b> with Ed 5:30am	<b>Cycling*</b> with Selena 5:30am	<b>Endurance Circuit</b> with Ed 5:30am	<b>Cycling*</b> with Selena 5:30am	<b>Strength Train Together</b> with Nisey 7:15am	<b>Cycling*</b> with Selena 8:30am
<b>Balance and Flex</b> with Karen 9am	<b>Strength Train Together</b> with Karen 9am	<b>Balance and Flex</b> with Karen 9am	<b>Strength Train Together</b> with Karen 9am	<b>Yoga</b> with Richie 8am	<b>Cycling*</b> with Stephanie 7:15am	<b>Yoga</b> with Gabrielle 8:15am
<b>Zumba</b> with Jeanine 10:15am	<b>Active Together</b> with Diane 10:15am	<b>Zumba</b> with Jeanine 10:15am	<b>*AOA Functional Strength*</b> with Jeanine 10:15am	<b>Total Body Conditioning</b> with Eddie 9am	<b>Cycling*</b> with Helice 8:30am	<b>Zumba</b> with Nisey 9:30am
<b>Water Aerobics</b> with Loretta 11am & 11:40am	<b>*AOA Functional Strength*</b> with Jeanine 11:30am	<b>Water Aerobics</b> with Loretta 11am & 11:40am		<b>Water Aerobics</b> with Selena 10am	<b>Total Body Conditioning</b> with Ed 8:30am	<b>Water Aerobics</b> with Selena 10am
<b>Bootcamp</b> with Angel 3pm	<b>Youth Strength Class*</b> with Eddie 4:30pm		<b>Youth Sports Conditioning Class*</b> with Eddie 4:30pm	<b>Active Together</b> with Diane 10:15am	<b>Yoga</b> with Helice 10am	<b>Strength Train Together</b> with Nisey 10:45am
<b>Cardio-Core</b> with Ed 4:30pm	<b>WERQ</b> with Kat 5:30pm		<b>Zumba</b> with Nancy 5:30pm	<b>Zumba</b> with Holly 5:30pm		
<b>Strength Train Together</b> with Crystal 5:30pm	<b>HIIT</b> with Selena 6pm	<b>Strength Train Together</b> with Crystal 5:30pm	<b>HIIT</b> with Ed 6pm	<p align="center">- Notes -</p> <ul style="list-style-type: none"> <li>*Reservations to Spin &amp; Youth Classes are available online. Space is limited.</li> <li>*AOA* — Active Older Adults</li> <li>Aqua Classes are highlighted in <b>BLUE</b>.</li> <li>Classes highlighted in <b>PINK</b> are held in the Pavilion.</li> <li>New Classes are filled in <b>YELLOW</b>.</li> </ul>		
<b>Cycling*</b> with Stephanie 6pm	<b>Water Aerobics</b> with Kim 6pm	<b>Cycling*</b> with Helice 6pm	<b>Water Aerobics</b> with Kim 6pm			
<b>Yoga</b> with Richie 6:45pm	<b>Balance and Flex</b> with Karen 6:30pm	<b>Yoga</b> with Helice 7:30pm	<b>Yoga</b> with Maris 6:30pm			