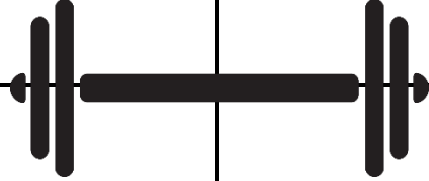
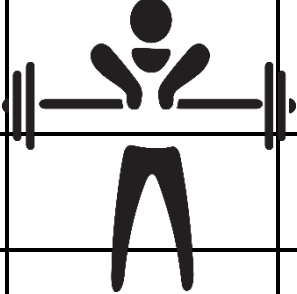
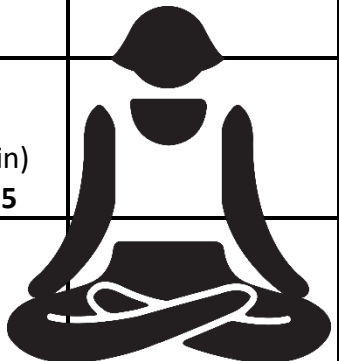


Woonsocket Group Exercise Schedule

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	Cycling Elaine					
9:00AM - 10:00AM			Strength Train Together Kristin		Strength Train Together Kristin	Zumba Nancy Starts Oct 16
9:30AM-10:30AM	Yoga Elaine					
11AM - 12PM						
2PM - 3PM				Zumba Nancy (Virtual)		
5:00PM - 6:00PM	Strength Train Together Kristin	Balance & Flex Stephanie	Cycling Elaine (45 min) 5:15-6:00PM		Cycling Elaine (45 min) Starts Oct 15	
6:00PM - 7:00PM	Pilates Cheryl		Yoga Elaine 6:15PM-7PM			

Classes are subject to change based on attendance.