




YMCA of Pawtucket Group Exercise Schedule



Mon	Tues	Wed	Thurs	Fri	Sat
Full Body Fitness 9:00AM Alyson	Cardio Latin Beat 9AM-10AM Emiliano	Strength Train Together 9AM-10AM Emiliano	Cardio Latin Beat 9AM-10AM Emiliano	Group Cycling 7:45-8:15AM Maria	Full Body HIIT 8:30AM-9:30AM Lynne
	Strong and Flexible Seniors 9:00-10:00AM Shelly	Aqua Fit 9:00AM Shelly	Strong and Flexible Seniors 9:00-10:00AM Shelly	30mins ABS 8:30-9:00AM Angelica	Balance and Flex 9:30-10:30AM Denise
		SilverSneaker 10:30-11:30AM Emiliano		Aqua Fit 9:00AM Shelly	Group Cycling 9:45-10:15 Maria
Strength Train Together 5PM-6PM Nisey	Cardio Kickboxing 5:30-6:30PM Brandy	Strong and Lean 5:30-6:30PM Lynne	WERQ 5:30-6:30PM Kathryn	SilverSneakers 10:30-11:30AM Emiliano	ZUMBA 10:30AM-11:30AM Nisey
Cardio Latin Beat 6:15-7:15PM Angelica	Group Cycling 6:30-7:30PM Maria		Group Cycling 6:30-7:30PM Maria		
					