

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling* w/ Leah 5:30am	Endurance Circuit w/ Stephanie 5:30am	Cycling* w/ Stephanie 5:30am	Endurance Circuit w/ Stefanie B 5:30am	Cycling* w/ Leah 5:30am	Strength Train Together Tammy 7:15am	Cycling* w/ Leah 8:30am
Balance & Flex w/ Karen 9am	Strength Train Together w/ Karen 9am	Balance & Flex w/ Karen 9am	Strength Train Together w/ Karen 9am	Total Body Conditioning w/ Nicole 9am	Cycling* w/ Stephanie 7:15am	Yoga w/ Gabrielle 8:15am
Zumba w/ Jeanine 10:15am	Water Aerobics w/ Jeanine/Diane 10am	Zumba w/ Nancy 10:15am	NEW Barre w/Corey 10:15am	Active Together w/ Diane 10:15am	NEW WERQ w/ Corey 8:30am	Zumba w/ Nisey 9:30am
Water Aerobics w/ Loretta 11am & 11:40am	NEW Barre w/Corey 10:15am	Water Aerobics w/ Loretta 11am & 11:40am		Water Aerobics w/ Nicole 10am	Yoga w/ Gabby 10am	Water Aerobics w/ Selena 10am
						Strength Train To- gether w/ Nisey 10:45am
Bootcamp w/ Angel 3pm (90 min)	Active Older Adults w/ Jeanine 11:30am	Active Older Adults w/ Nancy 11:30am	Active Older Adults w/ Jeanine 11:30am	NEW Movement is Medicine w/Mark 11:30am	<p align="center"><u>Notes</u></p> <ul style="list-style-type: none"> Reservation to Cycling Class is available online and our App DAXKO. Space is limited. • AOA—Active Older Adults • Aqua Classes located in pool and are BLUE • Class in RED are held in the Pavilion <p align="center">NEW CLASSES</p>	
Cardio Core w/ Richie 4:30pm	NEW Balance & Flex w/ Karen 4:30pm		Zumba w/ Nancy 5:30pm	Core Strength w/ Stephanie 4:30pm		
Strength Train Together w/Diane 5:30pm	WERQ w/ Kat 5:30pm	Strength Train Together w/ TBD 5:30pm	HIIT* w/ Richie 6pm	Zumba w/ Holly 5:30pm		
Cycling* w/ Stephanie 6pm	HIIT* w/ Stefanie B 6pm	Cycling* w/ Helice 6pm	Water Aerobics w/ Kim 6pm	Cycling w/ Leah 6pm		
Yoga w/ Richie 6:45pm	Water Aerobics w/ Kim 6pm	Yoga w/ Helice 7:30pm	Yoga w/ Maris 6:30pm			

Class Descriptions

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

AOA 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

BARRE: Barre fuses the very best of Pilates, yoga, elements of ballet, and strength training and is for all levels of fitness.

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!

CARDIO-STRENGTH: Total body strength class that focuses on the core.

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 our mind.

MOVEMENT AS MEDICINE:

Meditation brought through breath work and movement based on the principles of Tai Chi and Qi Gong.

STRENGTH TRAIN TOGETHER:

Sculpt 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.)

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 tone and sculpt.



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

MacColl YMCA

Group Exercise Classes

Facility Hours

Monday – Friday
5:15 am – 9 pm

Saturday/Sunday
7 am – 7 pm

KidZone Hours

Monday – Friday
8:45 am – 11:45 am
4:30 pm – 7:30 pm

Saturday
8:30 am – 12 pm

www.ymcapawtucket.org