



GROUP EXERCISE SCHEDULE

PAWTUCKET FAMILY YMCA

Spring 2023

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------|--|---|---|--|--|--|---------------|
| Group Ex Studio | PICKLEBALL 8:30AM-10:30AM | CARDIO LATIN BEAT 9:00-10:00am Emiliano | STRENGTH TRAIN TOGETHER 9:00-10:00am Emiliano | CARDIO LATIN BEAT 9:00-10:00am Emiliano | 30mins ABS 8:30am-9:00am Angelica | FULL BODY HIIT 8:30-9:30am Lynne | |
| | FULL BODY FITNESS 9:00am Alyson | | SILVERSNEAKER 10:30-11:30AM Emiliano | CHAIR YOGA 10:15-11:15AM Richard | SILVERSNEAKERS 10:30-11:30am Emiliano | ZUMBA 9:30-1030am Denise | |
| | STRENGTH TRAIN TOGETHER 5:00 6:00pm Carolina | Cardio Kickboxing 5:45-6:30pm Lynne | LEAN & STRONG 5:30-6:30pm Carolina | STRENGTH TRAIN TOGETHER 530-6:30 Kathryn | CARDIO LATIN BEAT 5:30-6:30PM Angelica | BALANCE and FLEX 10:30-11:30am Denise | |
| | CARDIO LATIN BEAT 6:15-7:15pm Angelica | DEFEND TOGETHER 6:30-7:30 Elizabeth | ZUMBA 6:30-7:30pm Denise | NEW TIME GLUTES & CORE 6:45-7:45pm Elizabeth | DEFEND TOGETHER 6:30-7:30 Denise | <div style="background-color: #800080; color: white; padding: 10px; border-radius: 15px;"> <p>FACILITY HOURS</p> <p>Monday-Friday 6:00am-8:00pm</p> <p>Saturday 7:00am-3:00pm</p> <p>Sunday 7:00am-3:00pm</p> </div> | |
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| Ready to Be Fit Room | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | |
| | LIVESTRONG 6-7:30PM | STRONG & FLEXIBLE SENIORS 9:00-10:00am Shelly | LIVESTRONG 6-7:30PM | STRONG & FLEXIBLE SENIORS 9:00-10:00am Shelly | | | |
| CYCLE ROOM | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| | | CYCLING 6:00-7:00pm Juvina | | CYCLING 6:00-7:00pm Juvina | CYCLING 30mins 7:45-8:15am Juvina | CYCLING 8:00-9:00am Juvina | |
| POOL | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| | | | AQUA FIT 9:00am Shelly | | AQUA FIT 9:00am Shelly | | |

Most be 16 years old to participate in Group Ex Classes.

Except Zumba you can be 12 years old

CHILD WATCH HOURS

Monday Tuesday
5:00pm-7:30pm

Wednesday, Thursday & Friday
5:30pm-8:00pm

WALK WITH EASE

Meet every Monday
Time: 11am-11:30am
Contact Shelly Millett
401.727-7900



STRENGTH TRAIN TOGETHER will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises.

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. No dance experience is required.

Cardio Latin Beat- This exciting class is an innovative freestyle fitness program that incorporates Latin dance steps as the foundation of a fun and intense cardio workout. Come laugh, dance and shake your hips in a class with infectious rhythm.

Strong & Flexible Seniors- This class increases flexibility and freedom of movement to help you do more. Incorporates a variety of exercises using weight machines and has a flexibility segment.

Silver Sneakers® Classic- This class is a low impact. Will use weights, elastic tubing, and a ball for resistance and a chair for seated and/or standing support. Very low impact.

Balance & Flex Together will stretch the mind and body with an invigorating 60-minute workout. Incorporating Yoga and Pilates fundamentals with athletic training, you'll begin to strengthen your balance, mobility, flexibility, and core.

LIVESTRONG assists those who are living with, through, or beyond cancer to regain strength and connect with other cancer survivors. Livestrong at the YMCA participants experience improved fitness and quality of life as well as significant decreases in cancer-related fatigue. This is a free 12 week program.

Chair yoga is a **gentle form of yoga that can be done sitting on a chair or standing while using the chair for support.** Benefits of chair yoga include. improved flexibility. better concentration. increased strength.

Aqua Fit- This class combines water aerobics with intervals of body sculpting. You will work your body without putting pressure on your joints and bones. A great non-weight bearing class for abilities.

GROUP CYCLE An unmatched way to make your fitness goals a reality! With no complicated moves to learn, a motivating group environment and music that begs your legs to pedal, you will find yourself having a blast while you ride your way to a leaner and stronger body.

30 Mins ABS strengthens everything from your shoulders to your hips to make you stronger, quicker, and faster in all you do. In addition, strengthening your core can reduce back pain and give you great looking abs! It's quick, challenging and like nothing else.

Lean & Strong This class will provide a series of exercises for your core, upper and lower body to create a total body workout. Modifications will be given for all levels.

Full Body HIIT is fast, fun and anything but boring. Expect quick, energetic bursts of exercise and minimal rest periods to supercharge your workout and blast away calories.

Full Body Fitness Is a well rounded workout that helps strengthen your entire body. By incorporating both weighed and cardiovascular exercises,. You will get a challenging ,effective and fun workout. This class is suitable for every fitness level.

Pickleball is a **paddle sport that combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball with holes.** It is a game that is appropriate for players of all ages and skill levels. Rules for pickleball are simple, making it a great introductory sport.

Walk With Ease is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease!

Defend Together is an exciting cardio workout fueled by MMA moves from inside and outside the octagon. It borrows training styles from MMA, kickboxing, Muay Thai, karate, functional athletic training and more. **Defend Together** is for anyone wanting a unique, challenging and athletic workout.

Looking for something online, check out Y360!

