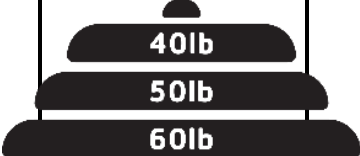




# YMCA of Pawtucket Live Group Exercise Schedule *(by class)*



Visit <https://www.facebook.com/groups/ymcapawtucketliveportal> to join in.

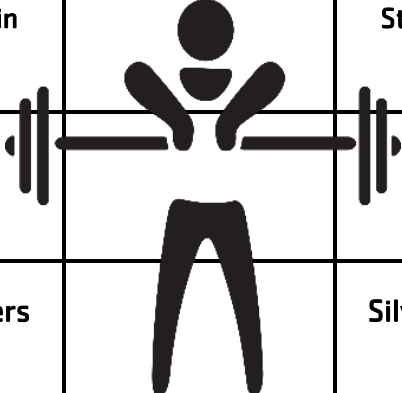

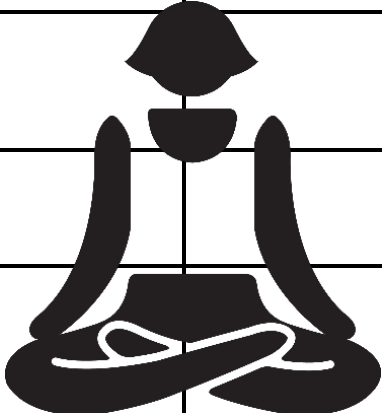
CLASS:	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Balance and Flex</b>		9AM-10AM Karen 5PM-6PM Stephanie				
<b>Strength Train Together</b>	5PM-6PM Nisey		5PM-6PM Bethany		9AM- 10AM Kristin	
<b>HIIT</b>						8:30AM-9:30AM Lynne
<b>AOA Strength</b>			11AM-12PM Emiliano		11AM-12PM Emiliano	
<b>Yoga</b>	9AM-10AM Elaine					
<b>Pilates</b>	6PM-7PM Cheryl					
<b>Zumba</b>	11AM-12PM Jeanine			2PM-3PM Nancy		10:30AM-11:30AM Nisey
<b>Barre</b>			6PM-7PM Elaine			

*Keep an eye on our website for information on our new live class platform – coming soon!*

# YMCA of Pawtucket Live Group Exercise Schedule *(by time)* the



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TIME:	Mon	Tues	Wed	Thurs	Fri	Sat
7:15AM - 8:15AM						
8:30AM - 9:30AM						HIIT Lynne
9:00AM - 10:00AM	Yoga Elaine	Balance & Flex Karen	Strength Train Together Karen		Strength Train Together Kristin	
10:30AM - 11:30AM					Zumba Nisey	
11AM - 12PM	Zumba Jeanine			Silver Sneakers Emiliano	Silver Sneakers Emiliano	
2PM - 3PM				Zumba Nancy		
5:00PM - 6:00PM	Strength Train Together Nisey	Balance & Flex Stephanie				
6:00PM - 7:00PM	Pilates Cheryl		Barre Elaine			

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