

GROUP EXERCISE

Facility Hours:

Monday-Friday: 6:00 AM – 8:00 PM

Saturday : 7:00 AM – 3:00PM

Sunday-Closed



Dates: Starts September 1st 2023

Branch: WOONSOCKET YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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Cycling | Elaine
8:30 AM – 9:00 AM

Aqua Gym | Ray
8:00 AM – 8:45 AM

Aqua Gym | Ray
8:00 AM – 8:45 AM

Pilates | Cheryl
9:00 AM-10:00 AM

CLOSED ON SUNDAYS!

Yoga | Elaine
9:00 AM – 10:00AM

Zumba | Nancy
10:00 AM-11:00 AM

Group Exercise Classes are FREE to all full membership members!

Group Exercise Drop In Fee is \$14

H2O Aerobics | Ray
10:00 AM – 10:45 AM

Deep Water| Jill
10:00 AM- 10:45AM

H2OAerobics | Ray
10:00 AM-10:45 AM

Aqua Gym | Jill
10:00 AM-10:45 AM

H2O Aerobics | Ray
10:00 AM-10:45 AM

Yoga| Elaine
11:00 AM- 12:00PM

Cycling| Elaine
5:15 PM-6:00 PM

Cycling| Elaine
5:15 PM-6:00 PM

STT | Nancy
5:15 PM – 6:00 PM

Pilates| Cheryl
5:15 PM- 6:15 PM
*3rd FL TEEN RM

Yoga| Elaine
6:15 PM- 7:15 PM

Cycling | Steve
6 PM – 7 PM

Water Aerobics Aqua Gym | Jill
6:45 PM – 7:30 AM

Water Aerobics Aqua Gym | Jill
6:45 PM-7:30 PM

Locations & Color Key:
Cycling Studio
Group Exercise Room
Pool
3rd Floor Teen Room