



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# KENT COUNTY GROUP EXERCISE SCHEDULE MARCH 1– APRIL 30, 2017

## HEALTH & WELLNESS 1

Levels: <sup>1</sup>beginner, <sup>2</sup>intermediate, <sup>3</sup>intense

\* = Class requires registration due to equipment limits (no fee)

\$ = Fee-based programs, registration required. To register for ANY program call 401-828-0130; visit [www.gpymca.org](http://www.gpymca.org)

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
5 AM	\$Boot Camp \$ Mitch—75min		\$Boot Camp \$ Mitch—75min		\$Boot Camp \$ Mitch—75min		
6:45 AM						Sculpt* <sup>1-3</sup> Jenn C—45min	
8:00 AM	Strength & Conditioning <sup>2-3</sup> Jackie—50min	 Cardio&Strength <sup>2-3</sup> Paige—50min	Strength & Conditioning <sup>2-3</sup> Tina—50min		 Cardio&Strength <sup>2-3</sup> Paige 50min	 Strength* <sup>2-3</sup> Kristin/Josh 55min	
9:00 In the Gym		X-press X-treme Fit Interval Training <sup>2-3</sup> Frank—30min					
9 AM	Absolutely Abs <sup>1-3</sup> Kristin—15min	Absolutely Abs <sup>1-3</sup> Jackie—15min	Absolutely Abs <sup>1-3</sup> Kristin—15min	Absolutely Abs <sup>1-3</sup> Tina—15min	Absolutely Abs <sup>1-3</sup> Paige—15min	Step Aerobics Cardio <sup>2-3</sup> Jackie—55min	Step Interval Training <sup>2-3</sup> Laura—55min
9:30 In the Gym	\$Circuit Boot Camp\$ Kristin—1-hr			X-treme Fit Interval Training <sup>2-3</sup> Frank—45min	\$Circuit Boot Camp\$ Kristin—1-hr		
9:30 AM	 Jackie—50min <sup>1-2</sup>	Step Aerobics Cardio <sup>2-3</sup> Jackie—55min	 Strength* <sup>2-3</sup> Kristin—55min	 Tina—45min <sup>1-2</sup>	Interval Training <sup>2-3</sup> Eva—55min		
10 AM	Low Impact <sup>1</sup> Debbie—45min	 Jackie—45min <sup>1-2</sup>	Low Impact <sup>1</sup> Tina—45min	Pilates <sup>2-3</sup> Jessica—55min	Low Impact <sup>1</sup> Tina—45min	Yogalates <sup>1-3</sup> Jackie—1hr	Strength & Conditioning <sup>2-3</sup> Kristen—55min
11 AM	Chair Yoga <sup>1</sup> Jean—45min	 Lori—45min <sup>1</sup>	 Jean—45min <sup>1</sup>	 Tina—45min <sup>1</sup>	 Lori—45min <sup>1</sup>	 Cardio <sup>2-3</sup> Helga—55min	 Diana—45min <sup>1-2</sup>
12:15 PM		 Tina—45min <sup>1</sup>					
12:30 PM	 Jean M.—45min		 Jean M.—45min	 Strength* <sup>2-3</sup> Kristin—45min			
4:00 PM	 Nancy—55min <sup>1-2</sup>		 Nancy—55min <sup>1-2</sup>				
5 PM	Strength & Conditioning <sup>2-3</sup> Kristen—55min		Absolutely Abs <sup>1-3</sup> Amy C—20min	\$Boot Camp \$ John—45min			
5:30 PM		Interval Training <sup>2-3</sup> Jenn—55min	 Cardio&Strength <sup>2-3</sup> Stacy—50min		 Amy E—1hr <sup>1-2</sup>		
6 PM	 Strength* <sup>2-3</sup> Josh—1hr			X-treme Fit Interval Training <sup>2-3</sup> Frank—45min			
6:30 PM		Pilates <sup>1-3</sup> Joe—1hr	 Strength* <sup>2-3</sup> Josh—1hr				
7 PM				 Diana—45min <sup>1-2</sup>			

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# KENT COUNTY GROUP EXERCISE SCHEDULE

## MARCH 1– APRIL 30, 2017

### HEALTH & WELLNESS 2

Levels: <sup>1</sup>beginner, <sup>2</sup>intermediate, <sup>3</sup>intense

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TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
8:00 AM							Yoga <sup>1-3</sup> Dee—55min
8:30 AM			Yogalates <sup>1-3</sup> Eva-55min			Space reserved for children's dance	Yoga <sup>1-3</sup> Dee—75min
9:00 AM							
9:30 AM							
9:30 AM	Pilates <sup>1-3</sup> Amy—1hr	Yoga <sup>1-3</sup> Linda D.—Mar Deb D--Apr 75min	Step Aerobics 101 <sup>1</sup> Debbie—30min	Yoga <sup>1-3</sup> Patti—75min	Tina—45min <sup>1-2</sup>		
10:00 AM			Strength & Conditioning 101 <sup>1</sup> Debbie—30min				
10:30 AM	Step Aerobics Cardio <sup>2-3</sup> Jackie—55min						
11:00 AM		Gentle Yoga <sup>1</sup> Linda D.—Mar Deb D--Apr 60 min					
12:15 PM	Yoga <sup>1-2</sup> Fundamentals Linda D—75min		Yoga <sup>1-3</sup> Colleen—75min	Special Moves Amy—30min Designed for our friends w/ special needs--all welcomed!			
1:30 PM		2:45 -4:15 Art					
4:30 PM					Yoga <sup>1-3</sup> Barbara/Dee 75min		
5:00 PM	Ages 8-12 Lorna—45min			Ages 8-12 Paige—45min			
5:30 PM							
5:45 PM				Family Yoga <sup>1</sup> Deb H—30min 5:45 – 6:15			
6:00 PM	Yoga <sup>1-3</sup> Deb H—1.5hr	Yoga <sup>1-3</sup> Myriam—1.5hr			Advanced Yoga <sup>3</sup> Various—1.5hr		
6:30 PM			Yoga <sup>1-3</sup> Deb H—75min				
7:30 PM		Susanna—45min		Susanna—45min			

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### COMMUNITY ROOM

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TIME	M	T	W	TH	F	SAT	SUN
5:00 AM		Group Cycling* <sup>1-3</sup> Mitch—45min		Group Cycling* <sup>1-3</sup> Jenn C—45min			
5:45 AM		Group Cycling* <sup>1-3</sup> Mitch—45min		Sculpt* <sup>1-3</sup> Jenn C—45min			
6:00 AM						Group Cycling* <sup>1-3</sup> Jenn C—45min	
6:45 AM						Group Cycling* <sup>1-3</sup> Mitch—1hr	
7:00 AM							Group Cycling* <sup>1-3</sup> Jenn C—1hr
9:30 AM	Group Cycling* <sup>1-3</sup> Kim—1hr		Group Cycling* <sup>1-3</sup> Lisa M—1hr		Group Cycling* <sup>1-3</sup> Jessica—1hr		
10:30 AM							
4:30 PM							
5:00 PM				Group Cycling* <sup>1-3</sup> Joanne—1hr	Ride-N-Sculpt* <sup>1-3</sup> Jenn C—1hr		
5:15 PM			Group Cycling* <sup>1-3</sup> Jenn C—1hr				
6:00 PM	Group Cycling* <sup>1-3</sup> Mitch—1hr						
6:30 PM		Closed Group Meeting	Closed Group Workout				
6:45 PM				Adult Art \$ Deb H—6:45-8pm			
7:30 PM			Closed Group Meeting				

**\*Register for all cycle classes 24 hours in advance by going on-line or calling 828-0130.**