



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KENT COUNTY GROUP EXERCISE SCHEDULE MAY 1– JUNE 30, 2017

HEALTH & WELLNESS 1

Levels: ¹beginner, ²intermediate, ³intense

* = 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

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* ¹⁻³ Jenn C—45min	
8:00 AM	Strength & Conditioning ²⁻³ Jackie—50min	 Cardio&Strength ²⁻³ Paige—50min	Strength & Conditioning ²⁻³ Tina—50min		 Cardio&Strength ²⁻³ Paige 50min	 Strength* ²⁻³ Kristin/Brock 55min	
9:00 In the Gym		X-press X-treme Fit Interval Training ²⁻³ Frank—30min					
9 AM	Absolutely Abs ¹⁻³ Kristin—15min	Absolutely Abs ¹⁻³ Jackie—15min	Absolutely Abs ¹⁻³ Kristin—15min	Absolutely Abs ¹⁻³ Tina—15min	Absolutely Abs ¹⁻³ Paige—15min	Step Aerobics Cardio ²⁻³ Jackie—55min	Step Interval Training ²⁻³ Laura—55min
9:30 In the Gym	\$Circuit Boot Camp\$ Kristin—1-hr			X-treme Fit Interval Training ²⁻³ Frank—45min	\$Circuit Boot Camp\$ Kristin—1-hr		
9:30 AM	 Jackie—50min ¹⁻²	Step Aerobics Cardio ²⁻³ Jackie—55min	 Strength* ²⁻³ Kristin—55min	 Tina—45min ¹⁻²	Interval Training ²⁻³ Eva—55min		
10 AM	Low Impact ¹ Tina—45min	 Jackie—45min ¹⁻²	Low Impact ¹ Tina—45min	Pilates ²⁻³ Jessica—55min	Low Impact ¹ Debbie—45min	Yogalates ¹⁻³ Jackie—1hr	Strength & Conditioning ²⁻³ Kristen—55min
11 AM	Chair Yoga ¹ Jean—45min	 Lori—45min ¹	 Jean—45min ¹	 Tina—45min ¹	 Lori—45min ¹	 Cardio ²⁻³ Helga—55min	 Diana—45min ¹⁻²
12:15 PM		 Tina—45min ¹					
12:30 PM	 Jean M.—45min		 Jean M.—45min	 Strength* ²⁻³ Kristin—45min			
4:00 PM	 Nancy—55min ¹⁻²		POUND® Rockout. Workout.® Nancy—45min ¹⁻³				
5 PM	Strength & Conditioning ²⁻³ Kristen—55min			\$Boot Camp \$ John—45min			
5:30 PM		Interval Training ²⁻³ Jenn—55min	Pilates ²⁻³ Cardio/Strength Stacie—55min		 Amy E—1hr ¹⁻²		
6 PM	 Strength* ²⁻³ Josh—1hr			X-treme Fit Interval Training ²⁻³ Frank—45min			
6:30 PM		Pilates ¹⁻³ Joe—1hr	 Strength* ²⁻³ Josh—1hr				
7 PM				 Diana—45min ¹⁻²			

The YMCA of Greater Providence is a 501c(3) Charitable Organization. Our mission is to build healthy spirit, mind and body through programs, services and relationships that are based upon our core values of caring, honesty, respect and responsibility.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KENT COUNTY GROUP EXERCISE SCHEDULE MAY 1– JUNE 30, 2017

HEALTH & WELLNESS 2

Levels: ¹beginner, ²intermediate, ³intense

* = 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.qpymca.org

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
8:00 AM							Yoga ¹⁻³ Dee—55min
8:30 AM			Yogalates ¹⁻³ Eva-55min			Space reserved for children's dance	Yoga ¹⁻³ Dee—75min
9:00 AM							
9:30 AM							
9:30 AM	Pilates ¹⁻³ Amy—1hr	Yoga ¹⁻³ Deb D 75min	Step Aerobics 101 ¹ Debbie—30min	Yoga ¹⁻³ Patti—75min	Tina—45min ¹⁻²		
10:00 AM			Strength & Conditioning 101 ¹ Debbie—30min				
10:30 AM	Step Aerobics Cardio ²⁻³ Jackie—55min				Total Barre™ Cardio/Strength/ Flexibility ¹⁻³ Jessica—55min		
11:00 AM		Gentle Yoga ¹ Deb D. 60 min					
12:15 PM	Yoga ¹⁻² Fundamentals Linda D—75min		Yoga ¹⁻³ Colleen—75min	Special Moves Amy—30min Designed for our friends w/ special needs--all welcomed!			
1:30 PM		2:45 -4:15 Adult Art					
4:30 PM		4:15 – 5:30 Youth Art			Yoga ¹⁻³ Barbara/Dee 75min		
5:00 PM	Ages 8-12 Lorna—45min			Ages 8-12 Paige—45min			
5:30 PM			\$Martial Arts\$ 5:30 -6:15 p.m. Ages 6 to 14				
5:45 PM				Family Yoga ¹ Deb H—45 min 5:45 – 6:15			
6:00 PM	Yoga ¹⁻³ Deb H—1.5hr	Yoga ¹⁻³ Myriam—1.5hr			Advanced Yoga ³ Various—1.5hr		
6:30 PM			Yoga ¹⁻³ Deb H—75min				
7:30 PM		Susanna—45min		Susanna—45min			

The YMCA of Greater Providence is a 501c(3) Charitable Organization. Our mission is to build healthy spirit, mind and body through programs, services and relationships that are based upon our core values of caring, honesty, respect and responsibility.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KENT COUNTY GROUP EXERCISE SCHEDULE MAY 1– JUNE 30, 2017

COMMUNITY ROOM

Levels: ¹beginner, ²intermediate, ³intense

* = 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

TIME	M	T	W	TH	F	SAT	SUN
5:00 AM				Group Cycling* ¹⁻³ Jenn C—45min			
5:30 AM		Group Cycling* ¹⁻³ Mitch—1hr		Sculpt* ¹⁻³ Jenn C—45min			
6:00 AM						Group Cycling* ¹⁻³ Jenn C—45min	
6:45 AM						Group Cycling* ¹⁻³ Mitch—1hr	
7:00 AM							Group Cycling* ¹⁻³ Jenn C—1hr
9:30 AM	Group Cycling* ¹⁻³ Kim—1hr		Group Cycling* ¹⁻³ Lisa M—1hr		Group Cycling* ¹⁻³ Jessica—1hr		
10:30 AM							
4:30 PM							
5:00 PM					Ride-N-Sculpt* ¹⁻³ Jenn C—1hr		
5:15 PM							
6:00 PM	Group Cycling* ¹⁻³ Mitch—1hr						
6:30 PM		Closed Group Meeting	Closed Group Workout				
6:45 PM							
7:30 PM			Closed Group Meeting				

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