



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KENT COUNTY GROUP EXERCISE SCHEDULE NOVEMBER 1– DECEMBER 30, 2017

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

HEALTH & WELLNESS 1

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/Eva 55min	
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		
9:30 In the Gym	\$Circuit Boot Camp\$ Kristin—1-hr	X-treme Fit Interval Training ²⁻³ Frank—45min		X-treme Fit Interval Training ²⁻³ Frank—45min	\$Circuit Boot Camp\$ Kristin—1-hr	Step Aerobics Cardio ²⁻³ Jackie—55min	Step Interval Training ²⁻³ Stacey—55min
9:30 AM	ZUMBA FITNESS Jackie—50min ¹⁻²	Step Aerobics Cardio ²⁻³ Jackie—55min	Strength* ²⁻³ Kristin—55min	ZUMBA FITNESS Tina—45min ¹⁻²	Interval Training ²⁻³ Eva—55min		
10 AM						Yogalates ¹⁻³ Jackie—1hr	Strength & Conditioning ²⁻³ Kristen—55min
10:30 AM	Low Impact ¹ Tina—45min	ZUMBA FITNESS Jackie—45min ¹⁻²	Low Impact ¹ Tina—45min	Pilates ²⁻³ Jessica—55min	Low Impact ¹ Debbie—45min		
11 AM						ZUMBA FITNESS Cari—1hr	ZUMBA FITNESS Diana—45min ¹⁻²
11:30 AM	Chair Yoga ¹ Jean—45min	Healthways Silver Sneakers Fitness Program Lori—45min ¹	Healthways Silver Sneakers Fitness Program Jean—45min ¹		Healthways Silver Sneakers Fitness Program Lori—45min ¹		
12:30 PM	the Y LIVESTRONG FOUNDATION Jean M.—45min		the Y LIVESTRONG FOUNDATION Jean M.—45min				
4:30 PM	ZUMBA FITNESS Nancy—55min ¹⁻²	X-treme Fit Interval Training ²⁻³ Frank—45min		Cardio ²⁻³ Eva—1hr			
5:30 PM	POUND® Rockout. Workout.® Nancy—45min ¹⁻³	Interval Training ²⁻³ Jenn—55min	Sweat Factory Strength, Dance ²⁻³ Stacie—55min	Interval Training ²⁻³ Kristen—1hr	ZUMBA FITNESS Amy E—1hr ¹⁻²		
6:30 PM	Strength* ²⁻³ Josh—1hr	Pilates ¹⁻³ Joe—1hr	Strength* ²⁻³ Josh—1hr		Strength* ²⁻³ Josh—1hr		
7:00 PM				ZUMBA FITNESS 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.



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HEALTH & WELLNESS 2

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
8:00 AM							Yoga ¹⁻³ Dee—55min
8:30 AM			Yogalates ¹⁻³ Eva-55min			\$DANCE\$ 8:30 - 9:15 am Creative Movement 3 years	Yoga ¹⁻³ Dee—75min
9:00 AM							
9:30 AM	Pilates ¹⁻³ Amy—1hr	Yoga ¹⁻³ Deb D 75min	Step Aerobics 101 ¹ Debbie—30min	Yoga ¹⁻³ Deb D—75min	Tina—45min ¹⁻²	9:15 - 10 am Combo 2 Ballet and Tap Kindergarten	
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	10 -10:45 am Acro K to 2 nd grade	
10:45 AM			10:45-11:15 am \$Karate\$ Sensei Henry Ages 3 to 5	10:45-11:15 am \$Combo 2\$ Ballet and Tap Pre-K		10:45 - 11:30 am Combo 3 Ballet, Tap, Jazz 1 st & 2 nd grade	
11:00 AM		Gentle Yoga ¹ Deb D. 60 min				11:30 - 12:15 pm Combo 2 Ballet and Tap Pre-K	11:00 – 1 pm Sensei Henry's Open Dojo (Martial Arts) All styles, ranks; beginners welcome. Train, learn, share ideas. Members: FREE Non-member: \$10
12:15 PM	Yoga ¹⁻² All Levels Linda D—75min		Yoga ¹⁻³ Colleen—75min	Special Moves Amy—30min Designed for our friends w/ special needs--all welcomed!			
4:30 PM		\$Dance Sampler\$ Hip Hop/Jazz 4:30 - 5:15 p.m. 2 nd —7 th grade	\$Martial Arts\$ 4:30 -5:15 p.m. 1 st —6 th grade	Ages 8-12 Paige—45min	Yoga ¹⁻³ Dee 75min		
5:00 PM							
5:15 PM			\$Martial Arts\$ 5:15 -6:15 p.m. Ages 13 to Adult				
6:00 PM	Yoga ¹⁻³ Deb H—1.5hr	Yoga ¹⁻³ Myriam—1.5hr		Family Yoga ¹ Deb H—45 min	Advanced Yoga ³ Various—1.5hr		
6:30 PM			Yoga ¹⁻³ 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
5:15 AM				Ride-N-Sculpt* ¹⁻³ Jenn C—75min			
5:30 AM		Group Cycling* ¹⁻³ Mitch—1hr					
6:00 AM						Group Cycling* ¹⁻³ Jenn C—45min	
6:45 AM						Group Cycling* ¹⁻³ Mitch—1hr	
7:00 AM							
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							
6:45 PM							
7:30 PM							

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