



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# KENT COUNTY GROUP EXERCISE SCHEDULE SEPTEMBER 1– OCTOBER 31, 2017

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)

## 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* <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/Brock 55min	
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> Stacey—55min
<b>9:30 In the Gym</b>	\$ Circuit \$ Boot Camp Kristin—1-hr	X-treme Fit Interval Training <sup>2-3</sup> Frank—45min		X-treme Fit Interval Training <sup>2-3</sup> Frank—45min	\$ Circuit \$ Boot Camp Kristin—1-hr		
9:30 AM	ZUMBA Jackie—50min <sup>1-2</sup>	Step Aerobics Cardio <sup>2-3</sup> Jackie—55min	Strength* <sup>2-3</sup> Kristin—55min	ZUMBA Tina—45min <sup>1-2</sup>	Interval Training <sup>2-3</sup> Eva—55min	Yogalates <sup>1-3</sup> Jackie—1hr	Strength & Conditioning <sup>2-3</sup> Kristen—55min
10 AM	Low Impact <sup>1</sup> Tina—45min	ZUMBA 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> Debbie—45min		
11:30 AM	Chair Yoga <sup>1</sup> Jean—45min	Silver Sneakers Lori—45min <sup>1</sup>	Silver Sneakers Jean—45min <sup>1</sup>	ZUMBA gold Tina—45min <sup>1</sup> Starts 9/21/17	Silver Sneakers Lori—45min <sup>1</sup>	ZUMBA Cari—1hr	ZUMBA Diana—45min <sup>1-2</sup>
12:30 PM	Jean M.—45min		Jean M.—45min	Strength* <sup>2-3</sup> Kristin—45min			
4:30 PM	ZUMBA Nancy—55min <sup>1-2</sup>	X-treme Fit Interval Training <sup>2-3</sup> Frank—45min		Cardio <sup>2-3</sup> Eva—1hr			
5:00 PM				<b>\$ Boot Camp \$ All Levels In Gymnasium</b>			
5:30 PM	<b>POUND®</b> Rockout. Workout.® Nancy—45min <sup>1-3</sup>	Interval Training <sup>2-3</sup> Jenn—55min	Sweat Factory Strength, Dance <sup>2-3</sup> Stacie—55min	Interval Training <sup>2-3</sup> Kristen—1hr	ZUMBA Amy E—1hr <sup>1-2</sup>		
			\$ 5:30 PM \$ Time with the Trainer w/John on Fitness Floor				
6:30 PM	Strength* <sup>2-3</sup> Josh—1hr	Pilates <sup>1-3</sup> Joe—1hr	Strength* <sup>2-3</sup> Josh—1hr		Strength* <sup>2-3</sup> Josh—1hr		
7:00 PM				ZUMBA Diana—45min <sup>1-2</sup>			

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						\$ Music Medley \$ 18m to 2 years	Yoga <sup>1-3</sup> Dee—55min
8:30 AM			Yogalates <sup>1-3</sup> Eva-55min			8:30 - 9:15 \$ Creative \$ Movement 3 years	
9:00 AM						9:15 - 10:00 \$ Combo 2 \$ Ballet and Tap Pre K - K	Yoga <sup>1-3</sup> Dee—75min
9:30 AM	Pilates <sup>1-3</sup> Amy—1hr	Yoga <sup>1-3</sup> Deb D 75min	Step Aerobics 101 <sup>1</sup> Debbie—30min	Yoga <sup>1-3</sup> Deb D—75min	 Tina—45min <sup>1-2</sup>		
10:00 AM			Strength & Conditioning 101 <sup>1</sup> Debbie—30min			10:05 -11:05 \$ Acro \$ K to 2 <sup>nd</sup> grade	
10:30 AM	Step Aerobics Cardio <sup>2-3</sup> Jackie—55min Begins 9/18/17				<b>Total Barre™</b> Cardio/Strength/ Flexibility <sup>1-3</sup> Jessica—55min		
10:45 AM			\$ Karate \$ Sensei Henry- 30 min Ages 3 to 5				
11:00 AM		Gentle Yoga <sup>1</sup> Deb D. 60 min				11:10 - 12:40 \$ Combo 3 \$ Ballet, Tap, Jazz 1 <sup>st</sup> and 2 <sup>nd</sup> grade	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 <sup>1-2</sup> All Levels Linda D—75min		Yoga <sup>1-3</sup> Colleen—75min				
12:30 PM		2:45 -4:15 \$ Adult Art \$		Special Moves Amy—30min For our friends w/ special needs. All are welcome!			
4:30 PM		4:15 – 5:30 \$ Youth Art \$	\$ Martial Arts \$ 4:30 -5:15 p.m. 1 <sup>st</sup> —5 <sup>th</sup> grade		Yoga <sup>1-3</sup> Barbara/Dee 75min		
5:00 PM				 Ages 8-12 Paige—45min			
5:15 PM			\$ Martial Arts \$ 5:15 -6:15 p.m. Ages 15 to Adult				
6:00 PM	Yoga <sup>1-3</sup> Deb H—1.5hr	Yoga <sup>1-3</sup> Myriam—1.5hr		Family Yoga <sup>1</sup> Deb H—45 min	Advanced Yoga <sup>3</sup> Various—1.5hr		
6:30 PM			Yoga <sup>1-3</sup> Deb H—75min				
7:30 PM		 Susanna – 45 min		 Susanna – 45 min			

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# KENT COUNTY GROUP EXERCISE SCHEDULE SEPTEMBER 1– OCTOBER 31, 2017

## COMMUNITY ROOM

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TIME	M	T	W	TH	F	SAT	SUN
5:15 AM				Ride-N-Sculpt* <sup>1-3</sup> Jenn C—75min			
5:30 AM		Group Cycling* <sup>1-3</sup> Mitch—1hr					
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							
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					Ride-N-Sculpt* <sup>1-3</sup> Jenn C—1hr		
6:00 PM	Group Cycling* <sup>1-3</sup> Mitch—1hr		\$ DANCE \$ \$ SAMPLER (Lyrical, Hip Hop, Acro Tap & Jazz) 3 <sup>rd</sup> –5 <sup>th</sup> grade BEGINS OCTOBER 4				
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.**