

# FALL GROUP EXERCISE SCHEDULE

\*EFFECTIVE Sept 5th!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>CYCLE ROOM</b>		5:45 - 6:45 am Barbara		5:45 - 6:45 am Barbara		6:45 - 7:45 am Dean	
	8:30 - 9:30 am Christian Cycle Dean	8:30 - 9:30 am Stacie		8:30 - 9:30 am Dean		8:30 - 9:30 am Dean	
		6:00 - 7:00 pm Dean	6:00 - 7:00 pm Dean	6:00 - 7:00 Tricia			
<b>GYMNASIUM</b>	8:45 - 10:00 am H.I.I.T Michelle		8:45 - 10:00 am Cycle Michelle		8:45 - 10:00 am Step Michelle		9:00 - 10:00 am Boot Camp Tim
		5:30 - 6:30 PM Kickboxing Beth	5:30 - 6:30 pm H.I.I.T Jill	5:30 - 6:30 pm Kickboxing Beth		8:30 - 9:30 am ZUMBA Kristie	10:00 - 10:30 am Core and More Tim
	6:30 - 7:30 pm ZUMBA Kristie		6:30 - 7:30 pm ZUMBA Dawn			9:30 - 10:00 am POUNCE Kristie	
<b>Dance Studio</b>	11:45 - 12:30 am Pilates Tori	10:00 - 11:30 Meditative Yoga Bernadette	11:45 - 12:30 am Pilates Tori				9:45 - 11:00 am Yoga Ann
<b>CIRCLE ROOM</b>	5:30 - 6:30 am BODYPUMP Kerry		5:30 - 6:30 am BODYPUMP Kerry		5:30 - 6:30 am BODYPUMP Kerry	7:00 - 7:50 am BODYVIVE Kerri	
	9:30 - 10:45 am Yoga Eva	9:15 - 10:15 am BODYPUMP Amanda	10:00 - 10:45 am Chair Yoga Eva	9:15 - 10:15 am BODYPUMP Neta	10:00 - 10:55 am Chair Yoga Ann	8:00 - 9:00 am BODYPUMP Lathy	
	11:00 - 11:45 am Silver Sneakers Eva		11:00 - 11:45 am Silver Sneakers Eva		11:00 - 11:45 am Silver Sneakers TBD		
	5:30 - 6:30 pm BODYPUMP Lynne	5:00 - 6:00 pm BODYVIVE Kerri	5:30 - 6:30 pm BODYPUMP TBD				
6:45 - 8:00 pm Mixed Yoga Ni		6:45 - 8:00 pm Mixed Yoga Eva					

**Classes at the Senior Center**  
*\*open to YMCA members*

Tuesday 10:00 - 10:45 am  
Silver Sneakers

Thursday 10:00 - 10:45 am  
Silver Sneakers

\*DANCE STUDIO IS LOCATED AT 600 TAUNTON AVENUE BEHIND LEONARD'S ANTIQUES

*Fall Schedule begins Sept 5th!*



\*Group Exercise schedule is subject to change at any time.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
P O O L	8:15 - 9:00 am Aqua Aerobics Amanda		8:15 - 9:00 am Aqua Aerobics Amanda		8:15 - 9:00 am Aqua Aerobics Amanda		
	9:00 - 9:45 am Aqua Arthritis Nancy		9:00 - 9:45 am Aqua Arthritis Nancy		9:00 - 9:45 am Aqua Arthritis Nancy		
	9:45 - 10:30 am Aqua Dance Ni		9:45 - 10:30 am Aqua Dance Ni		9:45 - 10:30 am Aqua Dance Heather		
	6:30 - 7:15 pm Aqua Aerobics Tricia/Patti		6:30 - 7:15 pm Aqua Aerobics Tricia/Patti				



### Group Exercise Class Descriptions



The original weight class that tones your body and pushes you to the limit every time. Help Maintain bone density and provides increases strength and endurance.

#### Group Cycle

This is an unmatched way to make your fitness goals a reality! With no complicated moves to learn, a motivating group environment and music that begs your legs to pedal, you will find yourself having a blast while you ride your way to a leaner and stronger body.



Step into a BODYVIVE™ 3.1 class and you'll tick off a complete workout. The challenging mix of lunges, squats, running and tubing exercises will help you burn calories and take your fitness to the next level. You'll leave fizzing with energy and on track for all-around healthy living.

#### Christian Cycle

A cycle class with upbeat Christian music to motivate your workout.

#### Cardio Dance

A fun alternative to traditional Zumba classes that combines low-impact aerobics with several distinct styles of dance. Suitable for all ages and abilities.

#### Beginner Cycle

A cycle class geared towards beginner and intermediate riders. Members are welcome to arrive early to learn about bike set up and positioning.

#### H.I.T.T

This is a High Intensity Interval Training class for the individual looking to take cardio and strength outside the box! Training includes a combination of plyometrics, conditioning drills, and strength training in a circuit style. Modifications are provided for all fitness levels.

#### Mixed Yoga

This class is a Vinyasa practice that is taught at a slower pace to help students find beneficial alignment and nourishment in each pose. This practice will offer challenges for those seeking to deepen their practice and modifications for those working with injuries and other limitations. This is truly a practice for all and will leave you feeling energized and centered.



Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out.

#### Chair Yoga

Increase your flexibility and work safely through basic poses with the benefit and stability of seated and standing positions. The chair provides stability and safety. Encourage your body and breath to relax and open with therapeutic poses.

#### SILVER SNEAKERS

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Resistance training is achieved with the use of hand weights and tubing. A chair is used for seated and standing support.

#### Meditative Yoga

This series in Yoga addresses the tools we need to reduce stress. Paired with yoga exercises to revitalize body, mind and spirit.



A fusion of Latin and international music and dance themes creating a dynamic, effective and fun fitness system. Zumba® uses the principles of interval training by combining fast and slow rhythms that tone and sculpt the body.

#### Gentle Yoga

A meditative yoga practice which links breath work while moving to build and hold postures. Like other styles of yoga, gentle yoga relieves stress, increases flexibility, calms the mind and strengthens the body.

#### Pilates

Lengthen and strengthen your total body while improving core strength and posture. The emphasis is on the mind/body/breath connection with the added benefit of no stress to joints.

#### FALL HOURS

**Monday**  
5am - 9:30pm

**Tuesday**  
5am - 9:30pm

**Wednesday**  
5am - 9:30pm

**Thursday**  
5am - 9:30pm

**Friday**  
5am - 9:00pm

**Saturday**  
5:30am - 6:30pm

**Sunday**  
8am - 5pm

For questions or concerns, please contact our Health & Wellness/Aquatics Director, Amanda Lavoie  
alavoie@gpymca.org  
P. 508-336-7103  
X. 50508

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