


















WINTER GROUP EXERCISE SCHEDULE

*EFFECTIVE MARCH 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CYCLE ROOM		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 Dean		8:30 – 9:30 am Dean		8:00 – 9:00 am Dean	
			4:45 – 5:45 pm Beginner Cycle Dean				
		6:00 – 7:00 pm Dean	6:00 – 7:00 pm Dean	6:00 – 7:00 pm Tricia		9:15 – 10:00 am Beginner Cycle Dean	
GYMNASIUM	8:45 – 10:00 am H.I.T.T Michelle		8:45 – 10:00 am Cardio Sculpt Michelle		8:45 – 10:00 am Step Michelle	8:00 – 8:45 am  Kerri	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		8:45 – 9:45 am  Kristie	10:00 – 10:30 am Core and More Tim
	6:30 – 7:30 pm  Kristie		6:30 – 7:30 pm  Dawn	6:30 – 7:30 pm  Kristie		9:45 – 10:15 am  Kristie	
Dance Studio	11:45 – 12:30 am Pilates Tori	11:15 – 12:30 Meditative Yoga Bernadette	11:45 – 12:30 am Pilates Tori				9:45 – 11:00 am Yoga Bernadette
CIRCLE ROOM	5:30 – 6:30 am  Kerry		5:30 – 6:30 am  Kerry		5:30 – 6:30 am  Kerry		
	9:30 – 10:45 am Yoga Eva	9:15 – 10:15 am  Kassie	10:00 – 10:45 am Chair Yoga Eva	9:15 – 10:15 am  Kassie	10:10 – 10:55 am Chair Yoga Bernadette	8:00 – 9:00 am  Rachael/Brie	
	11:00 – 11:45 am Silver Sneakers Kristin		11:00 – 11:45 am Silver Sneakers Kristin	10:30 – 11:30  Jen	11:00 – 11:45 am Silver Sneakers Kristin		
	11:45 – 12:30 pm Cardio Dance Kristin		11:45 – 12:30 pm Cardio Dance Kristin		11:45 – 12:30 pm Cardio Dance Kristin		
	5:30 – 6:30 pm  Lynne	5:15 – 6:00 pm  Kerri	5:30 – 6:30 pm  Brie				
	6:45 – 8:00 pm Mixed Yoga Tracy		6:45 – 8:00 pm Mixed Yoga Eva				
POOL	8:15 – 9:00 am Aqua Aerobics Nancy		8:15 – 9:00 am Aqua Aerobics Nancy		8:15 – 9:00 am Aqua Aerobics Nancy		
	9:00 – 9:45 am Aqua Arthritis Nancy		9:00 – 9:45 am Low Impact Aqua Nancy		9:00 – 9:45 am Aqua Arthritis Nancy		
	9:45 – 10:30 am Aqua Dance Kristin		9:45 – 10:30 am Aqua Dance Kristin		9:45 – 10:30 am Aqua Dance Kristin		
	7:00 – 7:45 pm Aqua Aerobics Tricia/Patti		7:00 – 7:45 pm Aqua Aerobics Tricia/Patti				

New Offerings at the Senior Center

***OPEN TO YMCA MEMBERS**
Tuesdays 10:00 – 10:45 am
Silver Sneakers
Thursdays 10:00 – 10:45 am
Silver Sneakers
Friday 9:00 – 9:50 am
Gentle Yoga



We've added a NEW class!
Bodyvive is a great cross training option for busy people on the move! Try this workout for the optimal mix of strength, cardio, and core training. Suitable for any skill level.

For questions or concerns, please contact our Health and Wellness Coordinator, Amanda Lavoie.
P. 508-336-7103 x. 50508

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



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