

group exercise schedule

walk-in classes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

November 1-December 31, 2014

monday tuesday wednesday thursday friday saturday sunday

morning & afternoon classes

<p>POWER PUMP Jackie (HW1) 8:00-8:50 AM</p> <p>ABSOLUTELY ABS Jackie (HW1) 9:00-9:15 AM</p> <p>PILATES Amy (HW2) 9:30-10:30 AM</p> <p>ZUMBA® Jackie 9:30-10:15 AM</p> <p>AOA AEROBICS Jackie (HW1) 10:30-11:15 AM</p> <p>YOGA: HAVE A SEAT Jean (HW1) 11:15 AM-12 PM</p> <p>YOGA: ALL LEVELS Colleen (HW2) 12:15-1:15 PM</p> <p>LIVESTRONG™ 12:30-1:45 PM</p>	<p>ABSOLUTELY ABS Jackie (HW1) 9:00-9:15 AM</p> <p>STEP III Jackie (HW1) 9:20-10:20 AM</p> <p>YOGA: ALL LEVELS Linda M (HW2) 9:30-10:45 AM</p> <p>ZUMBA® Jackie (HW1) 10:25-11:10 AM</p> <p>YOGA FUNDAMENTALS Linda M (HW2) 11:00-12:15 PM</p> <p>SILVER SNEAKERS Lori (HW1) 11:15 AM-12 PM</p> <p>YOGA: STRENGTH & BALANCE Patti (HW1) 1:00-2:00 PM</p>	<p>POWER PUMP Tina (HW1) 8:00-8:50 AM</p> <p>ABSOLUTELY ABS Tina (HW1) 9:00-9:15 AM</p> <p>CARDIO SCULPT Eva (HW1) 9:20-10:20 AM</p> <p>STEP 101 Jackie (HW2) 9:30-10:00 AM</p> <p>STRENGTH 101 Jackie (HW2) 10:05-10:35 AM</p> <p>AOA AEROBICS Carolyn (HW1) 10:30-11:15 AM</p> <p>SILVER SNEAKERS Jean (HW1) 11:15 AM-12 PM</p> <p>YOGA: IYENGAR Kathleen (HW2) 12:15-1:15 PM</p> <p>LIVESTRONG™ 12:30-1:45 PM</p>	<p>ABSOLUTELY ABS Tina (HW1) 9:00-9:15 AM</p> <p>ZUMBA® Tina (HW1) 9:15-10:00 AM</p> <p>YOGA: ALL LEVELS Patti (HW2) 9:30-10:45 AM</p> <p>PILATES Jessica (HW1) 10:00-11:00 AM</p>	<p>ABSOLUTELY ABS Jackie (HW1) 9:00-9:15 AM</p> <p>KICKIN' IT Jackie (HW1) 9:20-10:20 AM</p> <p>ZUMBA® Tina (HW2) 9:30-10:15 AM</p> <p>AOA AEROBICS Tina (HW1) 10:30-11:15 AM</p> <p>SILVER SNEAKERS Lori (HW1) 11:15 AM-12 PM</p>	<p>INTERVAL TRAINING Robyn (HW1) 8:00-9:00 AM</p> <p>STEP III Jackie (HW1) 9:00-10:00 AM</p> <p>YOGALATES Jackie (HW1) 10:15-11:15 AM</p> <p>ZUMBA® Jackie (HW1) 11:30-12:15 PM</p>	<p>ZUMBA® Cyndi (HW1) 8:00-9:00 AM</p> <p>INTERVAL TRAINING Laura (HW1) 9:00-10:00 AM</p> <p>YOGA: ALL LEVELS Deb (HW2) 9:00-10:15 AM</p> <p>YOGA: ALL LEVELS Deb (HW2) 10:30-11:45 AM</p>
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evening classes

<p>ZUMBA® Nancy (HW1) 4:00-4:45 PM</p> <p>RESIST-A-BALL Joanne (HW1) 5:00-5:45 PM</p> <p>ABSOLUTELY ABS Joanne (HW1) 5:45-6:00 PM</p> <p>INTERVAL TRAINING Jessica (HW1) 6:00-7:00 PM</p> <p>YOGA: ALL LEVELS Melissa (HW2) 6:00-7:30 PM</p>	<p>CARDIO BOX Jenn (HW1) 5:30-6:30 PM</p> <p>PILATES Joe (HW1) 6:30-7:30 PM</p> <p>LIVESTRONG™ 6:30-7:45 PM</p> <p>YOGA: ALL LEVELS</p>	<p>RESIST-A-BALL Joanne (HW1) 5:00-5:45 PM</p> <p>ABSOLUTELY ABS Joanne (HW1) 5:45-6:00 PM</p> <p>ZUMBA® Cyndi (HW1) 6:00-7:00 PM</p> <p>YOGA FUNDAMENTALS Michele (HW2) 6:00-6:30 PM</p> <p>YOGA: ALL LEVELS Michele (HW2) 6:40-7:40 PM</p>	<p>YOGA: FAMILY Rene (HW2) 5:00-5:45 PM</p> <p>STEP AEROBICS Robyn (HW1) 6:00-7:00 PM</p> <p>LIVESTRONG™ 6:30-7:45 PM</p> <p>ZUMBA®</p>	<p>YOGA FUNDAMENTALS Deb (HW2) 4:15-5:30 PM</p> <p>ZUMBA® Amy (HW1) 5:30-6:30 PM</p> <p>YOGA: ADVANCED Myriam/Michele (HW1) 6:00-7:30 PM</p>	<p>Please refer to the Aquatics Schedule for a complete list of all of our water exercise classes.</p>
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UPDATED 3-JAN-17

Classes, times and instructors are subject to change. Classes in the highlighted boxes are a great place to start! We do our best to offer these

class descriptions

walk-in group exer-

101 CLASSES (STEP, STRENGTH, YOGA, ZUMBA)

These introductory classes are designed to familiarize participants with the basics of each exercise. The pace is slower and designed to create a stress-free environment.

30-MINUTE QUICK CIRCUIT CLASS

This 30-minute circuit class is designed to help start or end our day with a full body workout. We combine cardio and our new Life Fitness circuit equipment in our Personal Health and Wellness Center. Space is limited – registration may be required.

FAMILY CLASSES (YOGA & ZUMBA)

These classes are specially designed for families to enjoy a group exercise class together! Instructors are prepared to welcome children with easy to follow instructions and plenty of support!

ABSOLUTELY ABS

This 15-minute class focuses totally on the abdominal muscles. Active Older Adults (AOA) Aerobics Improve your cardiovascular fitness, muscular endurance and flexibility in this group exercise program designed just for active older adults.

CARDIO BOX

Maximize your workout by combining body sculpting and fat burning cardio in one class! Using a variety of equipment, work on strengthening and shaping the muscles from head to toe. Cardio bursts will be incorporated between sculpting segments. Bring a water bottle and a smile!

CARDIO SCULPT

Maximize your workout by combining body sculpting and fat burning cardio in one class called cardio sculpt! Using a variety of equipment, work on strengthening and shaping the muscles from head to toe. Cardio bursts will be incorporated between sculpting segments.

HIGH-INTENSITY INTERVAL TRAINING (H.I.I.T)

We will alternate periods of short intense anaerobic exercise with easy recovery periods. This short, intense workout will provide improved athletic capacity, metabolism, and improved fat burning.

INTERVAL TRAINING

A combination of alternating step, weights, Hi-Lo and toning exercises for the ultimate fat-burning workout.

KICK'N I.T.

This class consists of intervals of martial arts combinations on the step, followed by strength training and conditioning exercises using weights, tubes, and other equipment. Awesome fat-burning workout!

KICKBOXING

Burn calories and fat as you kick, punch and jab! This is a high energy class with options for all levels. Weights will be used at the end for toning.

PILATES

Take the pain out and bring the control back into your workout. Pilates develops your mind-body awareness as you gain greater flexibility and balance, strengthening, lengthening and toning your muscles.

POWER PUMP

A fast-paced, non-stop strength-training workout for the whole body. No aerobics are involved, but your pulse will rise as we work to improve muscular strength, endurance, and body composition. The results will be worth the effort!

RESIST-A-BALL TRAINING

A remarkable new type of exercise designed to strengthen the lower back, abdomen, buttocks, thighs, chest and arms. All exercises are done in 45 minutes on a stability ball. Benefits include increased flexibility, balance, and core strength. Please remember to consult your physician before beginning any new exercise program.

and coordination.

SILVER SNEAKERS (MUSCULAR STRENGTH AND RANGE OF MOTION)

This class offers something for everyone, regardless of fitness level and can help improve overall strength, flexibility and balance, resulting in your ability to stay healthy and maintain your independence. Your instructor guides you through exercise with resistance tools at your own pace. A chair is available for the seated and/or standing support, stretching and relaxation.

STEP AEROBICS

This class is a great way to tone muscles, burn fat and increase cardiovascular strength. There will be a toning segment using various equipment at the end of each class.

STEP III

This 1-hour step class is designed to challenge the step-aerobics participant with a little more creative choreography. Try it—you'll like it!

YOGA FUNDAMENTALS

Master the basic yoga skills and deepen your practice with proper breathing, alignment, yoga philosophy, a meditation in motion. Create a grounded foundation that promotes health and well-being.

YOGA: FOR ALL LEVELS

Participants in this class will practice breathing, proper alignment, and stretching which could also include a flow of yoga poses. Modifications to meet all levels will be included.

YOGA: ADVANCED

Intermediate/advanced yoga class in a gently heated room (76-82 degrees), taking a new look at old poses and exploring new ones like arm balanced and inversions. Established yoga practice recommended for this challenging class.

YOGA: FAMILY

This class is designed specially for families. Children and adults will learn basic yoga poses while developing strength and flexibility. Participants will also learn breathing and relaxation techniques.

YOGA: HAVE A SEAT

This class is geared towards our active older adults. The focus is on flexibility, strengthening and relaxation. The exercises are gentle and are done using a chair for support.

YOGA: STRENGTH FOR A BALANCED LIFE

In this class, you will learn various techniques to help improve balance, relaxation strategies, increase strength and flexibility and improve your overall wellness. Fantastic for individuals recovering from injury or those with medical conditions such as M.S., arthritis and Parkinson's. This class is a low-impact workout for all levels and abilities.

YOGA: IYENGAR (MIXED LEVEL)

This style of Yoga is a vigorous approach that emphasizes a balance between strength, flexibility and endurance. It utilizes precision in movement and attention to subtle aspects of poses, which are explored while poses are held. This class is suitable for both beginners who are physically fit and more experienced students.

YOGALATES

This class combines Yoga & Pilates movements to develop strong core muscles, greater strength, flexibility and posture. The movements will focus on breathing with movement to create total mind-body awareness.

group exercise schedule

registration required classes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

November 1- December 31, 2014

monday tuesday wednesday thursday friday saturday sunday

morning & afternoon classes

<p>BOOT CAMP (\$) Mitch (HW1) 5:00-6:15 AM</p>	<p>GROUP CYCLING Mitch (CR) 5:15-6:30 AM</p>	<p>BOOT CAMP Mitch (HW1) 5:00-6:15 AM</p>	<p>RIDE & SCULPT Jenn (CR) 5:10-6:30 AM</p>	<p>BOOT CAMP Mitch (HW1) 5:00-6:15 AM</p>	<p>RIDE & SCULPT Jenn (CR) 6:10-7:30 AM</p>	<p>GROUP CYCLING Jenn (CR) 7:00-8:00 AM</p>
<p>BOOT CAMP: CIRCUIT Kristen (GYM) 9:30-10:30 AM</p> <p>GROUP CYCLING Ann (CR) 9:30-10:30 AM</p>	<p>TRX® TRAINING Kristen (CR) 9:15-10:00 AM</p> <p>TREAD ON Lisa (PFC) 9:30-10:15 AM</p>	<p>BODYPUMP™ Kristen/Josh 9:20-9:50 AM</p> <p>BEGINNER BOOT CAMP Amy 9:30-10:15 AM</p> <p>GROUP CYCLING Lisa M (CR) 9:30-10:30 AM</p>	<p>TRX® TRAINING Kristen (CR) 9:15-10:00 AM</p>	<p>BOOT CAMP: CIRCUIT Kristen (GYM) 9:30-10:30 AM</p> <p>GROUP CYCLING Jessica (CR) 9:30-10:30 AM</p> <p>CYCLE LITE Jessica (CR) 10:35-11:05 AM</p>	<p>GROUP CYCLING Mitch (CR) 6:45-7:45 AM</p> <p>BODYPUMP™ Kristen/Josh 8:00-8:30 AM</p> <p>BOOT CAMP Patrick 9:00-10:15 AM</p>	
<p>LIVESTRONG™ 12:30-1:45 PM (PWC)</p>		<p>LIVESTRONG™ 12:30-1:45 PM (PWC)</p>				

<p>GROUP CYCLING Jessica (CR) 5:00-6:00 PM</p>		<p>CYCLE LITE Jenn (CR) 5:00-5:30 PM</p>	<p>GROUP CYCLING Joanne (CR) 5:00-6:00 PM</p> <p>BEGINNER BOOT CAMP John 5:00-5:45 PM</p>	<p>GROUP CYCLING Jenn (CR) 5:00-6:00 PM</p>		
<p>BODYPUMP™ Kristen/Josh 6:00-6:30 PM</p> <p>BOOT CAMP Patrick 6:15-7:30 PM</p> <p>GROUP CYCLING Mitch (CR) 6:15-7:15 PM</p>	<p>TREAD ON Lisa M (PFC) 5:30-6:15 PM</p> <p>LIVESTRONG™ 6:30-7:45 PM (PWC)</p>	<p>GROUP CYCLING Jenn (CR) 5:45-6:45 PM</p> <p>BOOT CAMP Patrick 6:15-7:30 PM</p>	<p>GROUP CYCLING Alicia (CR) 6:00-7:00 PM</p> <p>FIGHTING FIT Jaime 6:30-7:30 PM</p> <p>LIVESTRONG™ 6:30-7:45 PM (PWC)</p> <p>CYCLE LITE Alicia (CR) 7:05-7:35 PM</p>		<p>You may register for all cycling and BODYPUMP™ classes 24 hours in advance of the start time of the class by calling the Welcome Center at 828.0130 to secure your spot.</p>	
<p>LIVESTRONG™ 7:30-8:00 PM (HW1)</p>		<p>TRX® TRAINING Kristen (CR) 7:00-7:45 PM</p>	<p>LIVESTRONG™ 7:30-8:00 PM (HW2)</p>			

UPDATED 3-JAN-17

ROOM KEY:

CR: Community Room LIVESTRONG™ HW1: Health & Wellness Studio 1 LIVESTRONG™ HW2: Health & Wellness Studio 2 MHW: Main Health & Wellness Floor

Classes in the highlighted boxes are fee based classes. Classes, times and instructors are subject to change. We do our best to offer these classes

class descriptions

registration required group exercise

BEGINNER BOOT CAMP

This seven week toned down version of our Boot Camp Training series is the perfect fit for the beginner exerciser. Led by one of our personal trainers in a highly motivating environment, you are bound to enjoy the physical and emotional benefits of challenging yourself.

BODYPUMP™ BY LESMILLS

BODYPUMP™ is for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. Energetic, specially trained Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own!



Participants may secure a spot online or by calling the welcome center 24 hours in advance of the class.

BOOT CAMP TRAINING

Work out as if you were joining the military. YMCA staff leads you through a cross-country workout, using calisthenics and the environment to get you in tip-top shape.

BOOT CAMP CIRCUIT

Come challenge yourself! This class consists of an interval cardio workout, sports conditioning moves, and fitness conditioning circuits.

BOOT CAMP OBSTACLE COURSE TRAINING

Work out as if you were joining the military. YMCA staff leads you through a cross-country workout, using calisthenics and the environment to get you in tip-top shape.

CYCLE LITE

Have you ever wanted to try indoor cycling but felt intimidated? Cycle Lite is a 30 minute class designed with the health seeker in mind. Learn proper technique, bike set up, and the principles of indoor cycling while getting a quick, efficient, cardiovascular workout. Motivating instructors and music make this class both fun and effective.

FIGHTING FIT

Learn the techniques and conditioning of a boxer without getting hit! This is a great anaerobic class that will teach you how to jump rope, shadow box and hit the focus mitts. You will also practice footwork and basic defensive drills. By the end of the session you will look and feel like a boxer. Class will be taught by Jaime "The Hurricane" Clampitt, a 4-time world champion.

GROUP CYCLING

We invite you to the training ground of our indoor cycling program, a cardiovascular workout set to music using Keiser stationary bicycles. Your coach will help you increase your cardiovascular endurance, muscle strength and coordination and maximize your fat burning potential.

KETTLEBELLS CIRCUIT

Kettlebells promises a great full-body workout consisting of toning and cardio-conditioning. Kettlebells will be provided, come learn proper form while enjoying a 45 minute calorie blaster! This class is done in a circuit format.

LIVESTRONG™ AT THE YMCA

This is a 12-week exercise program for adult cancer survivors who have recently become de-conditioned or chronically fatigued from their disease and/or treatment. This program, open to men and women, meets twice a week for 75 minutes. It consists of strength training and cardio conditioning, with a relaxation/stretching segment at the end of each class.

A MATTER OF BALANCE

This group workshop teaches techniques to reduce the fear of falling and increase the activity level among older adults. Class meets 2 hours a week for 8 weeks. This workshop is designed for adults 60 years of age or older who are ambulatory and are able to problem solve.

MOVING FOR BETTER BALANCE – TAI CHI

You will learn balance skills and good body alignment as well as coordinated tai chi movements. This is a class specifically for older adults who are interested in improving balance, flexibility and strength.

PRE-TEEN CIRCUIT CLASS

This class is for pre-teens (9-10 yrs). Participants will work with a trainer to learn how to use the various pieces of cardio equipment and the new Life Fitness Circuit equipment in the Personal Health and Wellness Center. They must pass a practical test at the end of the session to be considered 'graduated' of the program which will then allow them limited independent use of the Personal Health and Wellness Center. Class is limited to 6.

RIDE AND SCULPT

The benefits of an indoor cycling class and weight training all in an hour and twenty minutes.

TREAD LIGHTLY!

Tread Lightly is a beginner level class for all fitness levels. The class will be done on a treadmill in the Personal Fitness Center. You will start with a slow warm-up then progress on to a pace that you feel comfortable with. Your instructor will lead you through drills to increase your cardio fitness level. Participants may register 24 hrs in advance to secure a spot.

TREAD ON!

This is a group exercise class done on a treadmill using motivational music. An instructor will lead you through peaks, valleys, & stair climbs teaching you to use your muscles & joints more efficiently. Each participant will be encouraged to work at their own level whether they prefer to walk or run. Come & turn the tread on! Class is limited to 6 participants. Registration required. Participants may register 24 hrs in advance to secure a spot.

TRX® TRAINING

Born in the U.S. Navy Seals and developed by Fitness Anywhere®, TRX Suspension Training is a revolutionary method of leveraged body weight exercise. TRX uses gravity against your bodyweight to simultaneously develop strength, balance, flexibility and core stability.

TRX® FOR PILATES

This 45 minute, low impact class combines the core strengthening and overall toning benefits of both Pilates and TRX®. Learn to isolate and strengthen specific muscles. Great for beginners and advanced users of TRX®.

Please remember to consult your physician before beginning any new exercise program.

aquatics schedule-session 1

January 2—February 28, 2017



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

monday	tuesday	wednesday	thursday	friday	saturday	sunday
ADULT LEISURE 7:00-8:45 AM	ADULT LEISURE 7:00-8:15 AM	ADULT LEISURE 7:00-8:15 AM	ADULT LEISURE 7:00-8:15 AM	ADULT LEISURE 7:00-9:00 AM	ADULT LEISURE 7:00-8:15 AM	ADULT LEISURE 7:00-8:45 AM
		WATER FITNESS 8:15-9:15 AM Jessie	WATER FITNESS 8:15-9:15 AM Joanne	WATER FITNESS 9:00-10:00 AM Joanna	WATER FITNESS 8:15-9:15 AM Joanna	ADULT LESSONS 8:45-9:30
WATER FITNESS 9:00-10:00 AM Joanne	WATER FITNESS 8:15-9:15 AM Joanne	WATER FITNESS 9:30-10:30 AM Jessie	ADULT LEISURE 9:15-10:15 AM	THERAPEUTIC WORKOUT 10:15-11:00 AM	POOL CLOSED 9:15-9:30	SWIM LESSONS 9:30-11:00 AM
THERAPUTIC WORKOUT 10:15-11:00 AM Joanne	ADULT LEISURE 9:30-10:30 AM	ADULT LEISURE 10:30-11:30 AM	FAMILY SWIM 10:20-11:30 AM	ADULT LEISURE 11:00 AM-12:00 PM	SWIM LESSONS 9:30-12:00 PM	
ADULT LEISURE 11:00-11:30	FAMILY SWIM 10:30 AM-11:30 PM	POOL CLOSED 11:30AM-12:00PM	POOL CLOSED 11:30-12:00PM	POOL CLOSED 12:00-12:30	FAMILY SWIM 12:00-1:00 PM	FAMILY SWIM 11:00-2:00 PM
POOL CLOSED 11:30 AM-12:00 PM	POOL CLOSED 11:30-12:00 PM	FAMILY SWIM 12:00-1:30 PM	ADULT LEISURE 12:00-2:30 PM	FAMILY SWIM 12:30-1:30 PM	POOL CLOSED 1:00-1:15	POOL CLOSED 2:00-2:30
FAMILY SWIM 12:00-1:30PM	ADULT LEISURE 12:00-2:00 PM	ADULT LEISURE 1:45-3:15 PM	FAMILY SWIM 2:30-3:30 PM	ADULT LEISURE 1:35-3:00 PM	ADULT LEISURE 1:15-1:45 PM	ADULT LEISURE 2:30-4:30 PM
ADULT LEISURE SWIM 1:35-2:45 PM	FAMILY SWIM 2:15-3:15	FAMILY SWIM 3:15-4:15 PM	ADULT LEISURE 3:30-4:45 PM	ADULT LEISURE 3:30-5:45 PM	BIRTHDAY PARTY 2:30-3:15 PM	
FAMILY SWIM 2:50-4:15 PM	ADULT LEISURE 3:20-4:45	SWIM LESSONS 4:20-7:00 PM	SWIM LESSONS 5:00-7:10 PM	FAMILY SWIM 6:05-8:00 PM	FAMILY SWIM 3:15-4:30 PM	
SWIM LESSONS 4:20-6:30 PM	SWIM LESSONS 5:00-7:45 PM			ADULT LEISURE 8:00-8:45 PM		
WATER FITNESS 6:30-7:30 PM Lisa	ADULT LEISURE 7:45-8:45 PM	FAMILY SWIM 7:00-8:00 PM	FAMILY SWIM 7:25-8:00 PM			
FAMILY SWIM 7:30-8:45 PM		ADULT LEISURE 8:00-8:45 PM	ADULT LEISURE & ADULT SWIM LESSONS 8:00-8:45 PM			

UPDATED 3-JAN-17

Highlighted boxes indicate programs where registration is required.

THIS SCHEDULE IS SUBJECT TO CHANGE

POLICIES: To help everyone have a safe and positive experience, we ask that all members and guests understand and follow the guidelines.

Please follow the rules posted in the pool area.

- Lifeguards reserve the right to ask any person, of any age, to perform a swimming test (min. of 25 yds) to ensure that his/her skills are suitable for the deep end of the pool.
- All swimmers with shoulder length hair must have it tied back or in a swim cap.
- Per RI Law, all swimmers must shower before entering the pool.

FAMILY SWIM: During these recreational swim times, an adult (18+) must be in the pool area with any children age 12 and under, AND in the

gymnasium schedule-session 2



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

March 1 - April 30, 2015 (there will be no classes from April 20-26, 2015)

monday	tuesday	wednesday	thursday	friday	saturday	sunday
OPEN GYM 5:00-7:00 AM	OPEN GYM 5:00-7:00 AM	OPEN GYM 5:00-7:00 AM	OPEN GYM 5:00-7:00 AM	OPEN GYM 5:00-7:00 AM	OPEN GYM 6:00-8:00 AM	OPEN GYM 6:00-9:00 AM
ADULT REC 7:00-8:45 AM	ADULT REC 7:00-9:00 AM	ADULT REC 7:00-9:30 AM	ADULT REC 7:00-9:00 AM	ADULT REC 7:00-9:00 AM	PARENT/CHILD SPORTS MEDLEY (1/2 gym) 8:30-9:00 AM	FAMILY OPEN GYM 9:00-10:45 AM
ABSOLUTELY ABS 9:00-9:15 AM (1/2 gym)	KINDER GYMNASTICS 1 (1/2 gym) 9:30-10:15 AM	ABSOLUTELY ABS 9:00-9:15 AM (1/2 Gym)	OPEN GYM 9:15-10:30 AM	BOOT CAMP CIRCUIT 9:30-10:30 AM	PRESCHOOL GYMNASTICS (1/2 gym) 8:45-9:15 AM	ADULT REC BASKETBALL (1/2 gym) 10:45-2:00 PM
BOOT CAMP CIRCUIT 9:30-10:30 AM	OPEN GYM 10:00-11:45 AM	BEGINNER BOOT CAMP (1/2 gym) 9:30-10:15 AM		OPEN GYM 10:45-11:45 AM	PARENT/CHILD SOCCER (1/2 gym) 9:15-9:45 AM	
FAMILY OPEN GYM 10:35-11:45 AM	PRESCHOOL GYMNASTICS (1/2 gym) 10:20-10:55 AM	OPEN GYM 10:00-11:45 AM			KINDER GYMNASTICS 1 (1/2 gym) 9:15-10:00 AM	
ADULT REC BASKETBALL 12:00-2:00 PM	TUMBLING TOTS (1/2 gym) 11:00-11:30 AM				KINDER GYMNASTICS 2&3 (1/2 gym) 10:00-10:45 AM	
FAMILY OPEN GYM (1/2 gym) 2:15-4:45 PM	ADULT REC BASKETBALL 12:00-2:00 PM	ADULT REC BASKETBALL 12:00-2:00 PM	ADULT REC BASKETBALL 12:00-2:00 PM	ADULT REC BASKETBALL 12:00-2:00 PM	YOUTH BASKETBALL LEAGUE (1/2 gym) 10:30-12:30 PM	HIGH SCHOOL VOLLEYBALL LEAGUE (1/2 gym) 11:30-3:00 PM
		FAMILY OPEN GYM (1/2 gym) 2:00-4:00 PM	FAMILY OPEN GYM (1/2 gym) 2:15-4:45 PM	FAMILY OPEN GYM 2:00-4:00 PM	YOUTH GYMNASTICS 1 (1/2 gym) 10:45-11:45 AM	OCEAN STATE VOLLEYBALL LEAGUE 2:00-7:00 PM
	KINDER GYMNASTICS 1 (1/2 gym) 3:30-4:15 PM	PRESCHOOL OBSTACLE COURSE (1/2 gym) 4:15-4:45 PM	OPEN GYM (1/2 gym) 2:15-6:00 PM		YOUTH GYMNASTICS 2 (1/2 gym) 11:45-12:45 PM	
	GYMNASTICS LEVEL 1 PRETEAM (1/2 gym) 4:15-5:30 PM	GYMNASTICS LEVEL 2 TEAM (1/2 gym) 4:30-6:30 PM		KINDER GYMNASTICS 3 (1/2 gym) 4:00-4:45 PM	YOUTH GYMNASTICS 3 (1/2 gym) 12:45-1:45 PM	
	FAMILY OPEN GYM (1/2 gym) 4:00-7:00 PM	PRESCHOOL SPORTS MEDLEY (1/2 gym) 5:00-5:30 PM	BEGINNER BOOT CAMP (1/2 gym) 5:00-5:45 PM		FAMILY OPEN GYM (1/2 gym) 1:00-3:00 PM	
YOUTH BASKETBALL LEAGUE (1/2 gym) 5:00-7:00 PM	GYMNASTICS LEVEL 3 (1/2 gym) 5:30-7:30 PM	SPORTS MEDLEY (1/2 gym) 5:30-6:15 PM		YOUTH GYMNASTICS 4 (1/2 gym) 4:45-5:45 PM	GYMNASTICS TEAM LEVEL 2 & 3 (1/2 gym) 2:15-4:15 PM	
BOOT CAMP (1/2 gym) 6:45-7:30 PM		GYMNASTICS RECREATIONAL TEAM (1/2 gym) 6:15-8:00 PM	FIGHTING FIT (1/2 gym) 6:30-7:30 PM	GYMNASTICS TEAM LEVEL 4, 5 & 6 (1/2 gym) 5:30-8:15 PM	YOUTH GYMNASTICS 5+ (1/2 gym) 4:15-6:00 PM	
	ADULT REC VOLLEYBALL (1/2 gym) 7:45-9:45 PM		ADULT REC VOLLEYBALL (1/2 gym) 7:45-9:45 PM	OPEN GYM (1/2 gym) 6:00-9:45 PM	ADULT REC BASKETBALL (1/2 gym) 5:00-6:45 PM	
ADULT REC VOLLEYBALL (1/2 gym) 7:45-9:45 PM	ADULT REC VOLLEYBALL (1/2 gym) 7:00-9:45 PM	ADULT REC VOLLEYBALL (1/2 gym) 6:30-9:45 PM	ADULT REC VOLLEYBALL (1/2 gym) 7:45-9:45 PM			

UPDATED 3-JAN-17

Highlighted boxes indicate programs where registration is required. This schedule is subject to change.