











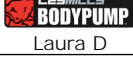

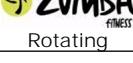



# Spring 2010 Downtown

**Augat Gym**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:00 AM				Athletic Trng Lynne		8:00 AM		Athletic Trng Lynne
9:30 AM	Sit & Be Fit Ruth		Sit & Be Fit Ruth		Sit & Be Fit Ruth			
6:00 PM	Athletic Trng Lynne							

**Main Studio**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:45 AM			 Cyndee		Pilates Maureen	8:00 AM	BootCamp Julie	
6:15 AM	Muscle Crunch Cyndee	Fitness Fusion Cyndee		Fitness Fusion Kristin		8:30 AM		Yoga Flow Michelle
8:30 AM	Drums Alive-Golden Beats Cyndee		Keeping Fit Cyndee		Keeping Fit Cyndee	9:00 AM	Muscle Crunch Kerri	
9:30 AM	 Laura D	 Meredith	Kickboxing Sharon	Pilates Meredith	 Maureen	10:00 AM	 Dahlia	 Rotating
10:30 AM		Pilates Maureen	 Sharon	 Alba				
12:10 PM	Fitness Fusion Laura D	 Julie	Fitness Fusion Zulema	 Meredith	PiYo Sharon			
4:30 PM	 Julie							
5:00 PM				 Julie				
5:30 PM	Basic Step Gina		Adv Step Lisa		 Laura D			
6:00 PM		 Barbara		 Rotating				
6:30 PM	Hatha Yoga Michelle		 Laura F.					
7:00 PM				Pilates Tomoko				
7:30 PM	Kickboxing Lynne							

**Cycle Room**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
9:00 AM		Group Cycle Maureen		Group Cycle Laura D		7:30 AM	Group Cycle Robin	
12:10 PM	Group Cycle Rotating		Group Cycle Robin			9:00 AM	Group Cycle Kristin	
5:30 PM					Group Cycle Mike			
5:45 PM	Group Cycle Mike							
6:00 PM		Group Cycle Laura M.		Group Cycle Maureen				



**BODYPUMP™** is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

#### Adv Step

This aerobic workout combines routines done on an aerobic step with abdominal work. Fast paced and fun!

#### Athletic Trng

Medicine balls, athletic drills and core conditioning make this class the ultimate workout. For those who need more of a challenge, this is the class!

#### Basic Step

Designed for those who are new to step or just like the basic fundamentals of this cardio workout. Learn the lingo, how to take your pulse, reach your target zone and step techniques all in a supportive atmosphere.

#### BootCamp

Variety of exercises including push-ups, squats, jacks and other military style conditioning moves.

#### Drums Alive-Golden Beats

Golden Beats is specially designed for the senior population. The rhythmic patterns used in drumming increases brain wave activity, which in turn improves mental awareness and mood. Drumming and dancing is FUN!

#### Fitness Fusion

Get it all in one class. Increase muscle strength, improve cardiovascular endurance and gain functional fitness. These classes use interval techniques to get the most fitness benefits in the shortest amount of time. Equipment utilized and mix of mus

#### Group Cycle

Stationary bike workout. Beginners through top athletes are welcome as you can pace yourself. BRING A TOWEL AND WATER.

#### Hatha Yoga

Learn proper alignment and technique in this gentle and mindful class. Breath work, postures and relaxation included.

#### Keeping Fit

Comprehensive workout for the 40+ year old. Includes strength, aerobics, flexibility, posture and balance exercises with hand held weights and stability balls.

#### Kickboxing

A fun, fast paced class with kicks, punches, and jump roping drills. Some abdominal work!

#### Muscle Crunch

Learn proper techniques using various equipment to tone, strengthen and define all muscle groups.

#### Pilates

Pilates focuses on technique and concentrated movement to target the core muscles of the body. Get the long lean flexible muscles you've always wanted.

#### PiYo

PiYo™ is the perfect blend of Pilates, Yoga, sports stretch, dance stretch, and athletics that will help you burn calories and build muscle! It's about way more than just flexibility. The dynamic blend of movement increases strength, balance, and agil

#### Sit & Be Fit

Seated exercise for Sassy Seniors.

#### Yoga Flow

Vinyasa means "breath synchronized movement". Learn to move from one pose to the next on an inhale or exhale.



Hottest fitness dance craze! Latin rhythms and dance steps make this the most fun you've ever had in a group exercise class!



**ATTLEBORO**



YMCA - Attleboro (North Main Street)  
63 North Main Street  
Attleboro  
02703