



ATTLEBORO

WINTER PLEASANT STREET BRANCH

1/11/10-2/13/10

Cycling Loft	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:45 AM		Group Cycling Marisa			Group Cycling Jeff Marisa	8:00 AM	Group Cycling Marisa	
	12:10 PM	Group Cycling Marisa		Group Cycling Laura D		Group Cycling Anne			
	6:00 PM	Group Cycling Laura D			Group Cycling Laura				

Fitness Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:45 AM	BODYPUMP Joanne			BODYPUMP Marisa		8:00 AM	Step Joanne	BODYPUMP Surprise
	9:30 AM	Boot Camp Maureen	BODYPUMP Laura D	Fitness Fusion Julie	Pilates Maureen	BODYPUMP Lisa	9:00 AM	BODYPUMP Joanne	
	12:00 PM		BODYPUMP Marisa			BODYPUMP Shane			
	5:00 PM				BODYPUMP Joanne				
	5:30 PM	Cardio Pilates Barbara							
	6:00 PM		BODYPUMP Laura	Pilates Tomoko	Yoga Sculpt Barbara				
	6:30 PM	BODYPUMP Kim							
	7:00 PM		Yoga Sculpt Barbara	BODYPUMP Shane					

Pleasant Street Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	8:30 AM		Aquamotion Bridgete		Aquamotion Bridgete	Aquamotion Bridgete			
	9:30 AM	Aquamotion Patty		Aquamotion Patty					



BODYPUMP™ — Challenge yourself with the original barbell class that strengthens and tones your entire body.

Aquamotion

Boot Camp

Cardio Kids **

Cardio Pilates

Fitness Fusion

Group Cycling

Pilates

Step

Teen Body Shop**

Teen Group Training

Yoga Sculpt

Youth Group Training



YMCA - Attleboro (Activity Center)
537 Pleasant Street
Attleboro
02703