



GROUP EXERCISE SCHEDULE

DOWNTOWN BRANCH · SEPTEMBER-OCTOBER 2017

September 5 - October 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kickboxing * 6:00-6:55am Anna Kickboxing Studio	Cycle Freestyle 5:00-5:55am Jef Cycle Studio	Cycle Freestyle 5:00-5:55am Heather Cycle Studio	Cycle Freestyle 5:00-5:55am Jef Cycle Studio	Cycle Together 6:00-6:55am Chris Cycle Studio	Cycle 30 7:30-8:00am Lisa V Cycle Studio	Cycle Together 7:30-8:25am Lisa V Cycle Studio
	Balance & Flex Together 6:00-6:55am Lisa Aerobic Studio	Strength Train Together 6:00-6:55am Janice Aerobic Studio	Y HIT 5:00-5:55am Lynne Augat Gym	Yoga Flow 6:30-7:25am Andrea Aerobic Studio	Kickboxing * 8:00-8:30am Anna Kickboxing Studio	Y HIT 8:00-8:55am Lynne Augat Gym
EnhanceFitness 8:30-9:25am Renee Aerobic Studio	Y Pilates 7:45-8:40 am Gina Aerobic Studio	Keeping Fit 8:30-9:25am Cyndee Aerobic Studio	Kickboxing * 8:00-8:55am Anna Kickboxing Studio	Y Water Fit 8:30-9:25am Renee/Cortney Balfour Pool	Y HIT 8:00-9:55am Devan Aerobic Studio	Kickboxing * 8:00-8:55 am David Kickboxing Studio
WATERinMOTION 8:30-9:25am Cyndee Balfour Pool	WATERinMOTION 8:30-9:25am Cyndee Balfour Pool	Y Water Fit 8:30-9:25am Cortney Balfour Pool	WATERinMOTION 8:30-9:25am Cyndee Balfour Pool	Chair Yoga 8:30-9:25am Renee/Cortney Aerobic Studio	Zumba 9:00-9:55am Chelsee Aerobic Studio	Foundations of Yoga 9:00-10:00am Renee Aerobic Studio
	Bands & More 9:00-9:55am Jennifer Aerobic Studio	Cycle Together 9:15-10:10 am Kerry Cycle Studio	Kickboxing * 9:00-9:55 am Anna Kickboxing Studio	Strength Train Together 9:30-10:25am Sharon Aerobic Studio	Kickboxing * 9:00-9:55am Anna Kickboxing Studio	Kickboxing Strike * 12:30-1:30 David Kickboxing studio
Strength Train Together 9:30-10:25am Ioanna Aerobic Studio	Cycle Together 9:00-9:55 am Gina Cycle Studio	Y HIT 9:30-10:25am Lisa H Aerobic Studio	Active Together 9:00-9:55am Melanie Aerobic Studio	EnhanceFitness 9:30-10:25am Renee Tappan Gym	Cycle Freestyle 9:00-9:55am Staff Cycle Studio	
	Kickboxing * 9:00-9:55am Anna Kickboxing Studio	Tabata Splash 9:30-10:25am Cortney Sweet Pool	Cycle Together 9:00-9:55am Kerri Cycle Studio	Cycle Together 9:45-10:30 am Holly Cycle Studio	Gentle Yoga 10:00-10:55 am Renee Aerobic Studio	
Cycle 30 9:45-10:15 am Holly Cycle Studio	Water Yoga 9:30-10:00am Cortney Balfour Pool				Kids Yoga 10:00-10:55 am Lisa N Tappan Gym	
	Foundations of Yoga 10:00-10:55am Renee Aerobic Studio		Zumba 10:00-10:55am Alba Aerobic Studio			
	Water Rehab & More 10:00-10:55am Sue Balfour Pool		Water Rehab & More 10:00-10:55am Sue Balfour Pool			

MID-DAY CLASSES

Y HIT 12:15-1:00pm Lisa H Aerobic Studio	Active Together 12:15-1:00pm Holly Aerobic Studio	Cycle 30 / Y HIT 12:15-1:00pm Nicole Cycle / Carpenter	Strength Train Together 12:15-1:00pm Nicole Aerobic Studio	Balance & Flex Together 12:15-1:00 pm Sharon Aerobic Studio
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EVENING CLASSES

Strength Train Together 4:30-5:25pm Shannon Aerobic studio	Cycle 30 4:30-5:00pm Nicole Cycle Studio	Strength Train Together 4:30-5:25pm Lisa H Aerobic Studio	Kids Yoga (Ages 5-10) 4:30-5:15pm Lisa N Kickboxing Studio	
Y Step 5:35-6:30pm Erin Aerobic Studio	WERQ 5:00-5:55 p.m. Corey Aerobic Studio	Kickboxing for Teen Girls 5:00-5:55 pm Jennie Kickboxing Studio	Kids Yoga (Ages 10-13) 5:15-6:00pm Lisa N Kickboxing Studio	
Y Hit 6:00-6:55pm Lynne Augat Gym		Y HIT 5:30-6:25 pm Ryan Meet in Lobby	Cycle 30 5:30-6:00pm Lisa V Cycle Studio	Kickboxing * 6:00-6:55pm Jennie Kickboxing Studio
Kickboxing * 6:00-6:55 pm Anna Kickboxing Studio	Active Together 6:15-7:10pm Jackie Aerobic studio	Active Together 5:35-6:35 Holly Aerobic Studio	Strength Train Together 6:15-7:10pm Ioanna Aerobic Studio	
Zumba 6:15-7:10pm Chelsee Tappan Gym	Cycle Freestyle 6:15-7:10 pm Kristin Cycle Studio	Kickboxing * 6:00-6:55 pm Jennie Kickboxing Studio	Zumba 6:15-7:10 pm Chelsee Tappan Gym	
Yoga Flow 6:45-7:40 Diane Aerobic Studio	Kickboxing * 6:30-7:25 pm David Kickboxing Studio	Zumba 6:40-7:35pm Holly Aerobic Studio		
Kickboxing * 7:15-8:10pm Anna Kickboxing Studio	Y Yoga/Pilates 7:15-8:10pm Barbara S. Aerobic studio			
Line Dancing 7:40-9:00pm Donna Aerobic Studio	Kickboxing * 7:30-8:25 pm David Kickboxing Studio			

Class Intensity Levels:
 Ready (low impact) Set (flexible intensity)
 Go (high intensity) Child Friendly Class

* **Kickboxing:** Due to the limited space and popularity of our Kickboxing group exercise classes, we strongly suggest that you reserve your spot in class in advance. Online reservations open 24-48 hours prior to class at attleboroymca.org/kickboxing.

HAPPY BIRTHDAY TO THE ATTELBORO YMCA!

After 15 decades of strengthening our community, the Attleboro YMCA will turn 150 years old on October 11th! Help us celebrate this milestone at the following events!

Rooftop Party - Fri, Sept 8
Tickets available at the Y's Welcome Center.

Birthday Party - Sat, Oct 7
Free and open to the entire community! All ages welcome.

150th Gala - Sat, Nov 11
Celebrate our Y's milestone year at this historic event. Tickets on

CLASS COMBOS

Looking for a cardio and strength workout combination? Check out our Cycle 30 / Y HIT and Cycle 30 / Kickboxing combinations for an hourlong challenge!

FALL PROGRAMS

Register today for the Y's Fall programs!

Fall I Session:
September 11-October 29

Fall II Session:
October 30-December 24

FALL FESTIVAL & HAUNTED WOODS

Bring your little ghosts and goblins to the Y's Norton Outdoor Center for pony rides, carnival games, face painting, and more family fun through the day. Once the sun goes down, venture through our haunted trail!
 Saturday, October 21
 12:00-8:00 p.m.
 Norton Outdoor Center