



GROUP EXERCISE SCHEDULE

DOWNTOWN BRANCH · NOVEMBER-DECEMBER 2017

October 30-December 31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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MORNING CLASSES

	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 * 8:00-9:00am Anna Kickboxing Studio	Y HIT 8:00-8:55am Lynne Augat Gym
EnhanceFitness L-1 8:30-9:25am Renee Aerobic Studio	Y Pilates 7:45-8:40 am Gina Aerobic Studio	Golden Beats 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 8:00-8:55am 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		Foundations of Yoga 9:00-10:00am Renee Aerobic Studio
	EnhanceFitness L-2 8:30-9:25am Renee Tappan Gym				Zumba 9:00-9:55am Chelsee 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	Zumba 10:30-11:30am Alyssa Aerobic 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 Strike * 12:30-1:30 David Kickboxing 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/ HIT 9:45-10:45am Holly Cycle Studio/Carpenter	Water Yoga 9:30-10:00am Cortney Balfour Pool					
	Foundations of Yoga 10:00-10:55am Jess 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 Nicole 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 7:20-8:45pm Donna Tappan Gym	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.

REGISTER TODAY FOR THE GOBBLE WOBBLE 5K!

Join us for this Thanksgiving tradition at the Pleasant Street Branch! Both runners and walkers are welcome to participate in this flat 5K! Register at the Welcome Center or attleboroymca.org/roadrace.

THANKSGIVING AEROBATHON

The Y will host its annual Aerobathon at the Downtown Branch from 7:30-9:30 am on Thanksgiving morning! A full schedule of classes will be available soon!

HOLIDAY SURVIVAL

Challenge yourself to keep up with your workout routine at least three days a week through the holidays! Join the Y's Holiday Survival Challenge for a chance to win great prizes. Challenge runs from November 20th through January 13th!

HOLIDAY SCHEDULES

Veterans Day, Nov 11
Downtown Branch will close at noon for the Y's 150th Gala

Thanksgiving, Nov 23
Both branches open 7-10am

Christmas Eve, Dec 24
Both branches open 7am-2pm

Christmas Day, Dec 25
Both branches closed

New Year's Eve, Dec 31
Both branches open 7am-4pm

New Year's Day, Jan 1
Downtown open 7am-4pm
Pleasant Street closed