



GROUP EXERCISE SCHEDULE

PLEASANT STREET BRANCH · NOVEMBER-DECEMBER 2017

October 30-December 31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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MORNING CLASSES

Strength Train Together 5:30-6:25am Janice Aerobic Studio			Active Together 5:30-6:25am Shelby Aerobic Studio	Strength Train Together 5:30-6:25am Janice Aerobic Studio	Active Together 8:00-8:55am Jackie Aerobic Studio	
Tai Chi 8:00-8:30 a.m. Barbara Dance Studio		Tai Chi 8:00-8:30 a.m. Barbara Dance Studio		Y Stretch 8:30-9:25 a.m. Nicole Aerobic Studio	Cycle Together 8:00-8:55am Holly Cycle Loft	Strength Train Together 8:00-8:55am Alternating Instructors Aerobic Studio
Y Pilates 8:30-9:25am Nicole Aerobic Studio	Y Water Fit 9:00-9:55am Pam Pool	Active Together 8:30-9:25am Melanie Aerobic Studio	Y Water Yoga 9:00-9:55am Cortney Pool	Y Water Fit 9:00-9:55am Kerry Pool	Strength Train Together 9:00-9:55am Lisa Aerobic Studio	
Keeping Fit 8:30-9:25am Barbara Dance Studio	Strength Train Together 9:30-10:25am Shannon Aerobic Studio	Enhance Fitness Level 2 8:30-9:25am Barbara Dance Studio		Y H.I.T. 9:30-10:25am Nicole Fitness Center	Balance & Flex Together 10:15-11:10am Lisa Aerobic Studio	
Y Water Fit 9:00-9:55am Linda Pool		Y Water Fit 9:00-9:55am Linda Pool	Strength Train Together 9:30-10:25am Shannon Aerobic Studio	Balance & Flex Together 9:30-10:25am Melanie Aerobic Studio		
WERQ 9:30-10:25 am Corey Aerobic Studio	Balance & Flex Together 10:30-11:25am Laurie Aerobic Studio	Y Yoga Foundation 9:30-10:25am Renee Aerobic Studio	Balance & Flex Together 10:30-11:25am Sharon Aerobic Studio			
		WERQ 10:30-11:25am Corey Aerobic Studio	Enhanced Fitness Level 1 10:30-11:25am Nicole Dance Studio	Active Together 10:30-11:25am Melanie Aerobic Studio		

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 attleboroyymca.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

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

MID-DAY CLASSES

		Cycle Together 12:10-1:00pm Lisa V Cycle Loft	Yoga Slow Flow 12:10-1:00 pm Cortney Aerobic Studio	
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EVENING CLASSES

Y Yoga Flow 30 min 5:45-6:15pm Barbara S. Aerobic Studio			Y Pilates 5:45-6:15pm Barbara Aerobic Studio	WERQ 5:15-6:10pm Corey Aerobic Studio
Cycle Together 6:00-6:55pm Chris Cycle Loft	Strength Train Together 6:00-6:55pm Ioanna Aerobic studio	Cycle Freestyle 6:00-6:55pm Laura Cycle Loft	Cycle Together 6:00-6:55pm Holly Cycle Loft	Zumba Party 6:15-7:10pm Alyssa Aerobic Studio
Active Together 6:15-7:10pm Barbara S. Aerobic studio		Y Pilates 6:00-6:55pm Tomoko Aerobic Studio	Active Together 6:15-7:10pm Barbara Aerobic Studio	
Y Water Fit 6:15-7:10pm Linda Pool	Zumba 7:15-8:10pm Alba Aerobic studio	Y Water Fit 6:15-7:10pm Linda Pool	Yoga Flow 7:15-8:10pm Barbara Aerobic Studio	

Class Intensity Levels:

- Ready (low impact)
- Set (flexible intensity)
- ▲ Go (high intensity)