



GROUP EXERCISE SCHEDULE

PLEASANT STREET BRANCH · JANUARY-FEBRUARY 2018

January 2-February 25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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MORNING CLASSES

Strength Train Together 5:30-6:25am Janice Aerobic Studio				Strength Train Together 5:30-6:25am Janice Aerobic Studio	Active Together 8:00-8:55am Melanie 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 Katie 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		

2018 MOSSA LAUNCH

Join us at the Downtown Branch on Saturday, January 20th, for a morning of great new workouts!

- 9-9:30 Ride 30
- 9-9:45 Active Together
- 10-10:45 Strength Train Together
- 10:30-11:25 Cycle Together
- 11-11:45 Balance & Flex

Register today to reserve your spot in class!

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	

GET STARTED SESSIONS

Set yourself on a path toward success with our Get Started Sessions! This program pairs you with a Wellness Specialist for three complimentary sessions to identify your goals and develop an achievable plan for success. Included in your Y Membership! Stop by the Welcome Center to schedule your first appointment.

INCLEMENT WEATHER ALERTS

In the event of inclement weather this winter, be in the know if the Y needs to close or cancel any classes. Sign up for our new Inclement Weather Text Messages by registering at attleboroyymca.org/inclement-weather-alerts.

Class Intensity Levels:

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