



# GROUP EXERCISE SCHEDULE

## DOWNTOWN BRANCH · JANUARY-FEBRUARY 2018

January 2 - February 25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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### MORNING CLASSES

	<b>Cycle Freestyle</b> 5:00-5:55am Jef Cycle Studio	<b>Cycle Freestyle</b> 5:00-5:55am Heather Cycle Studio	<b>Cycle Freestyle</b> 5:00-5:55am Jef Cycle Studio	<b>Cycle Together</b> 6:00-6:55am Chris Cycle Studio	<b>Cycle 30</b> 7:30-8:00am Lisa V Cycle Studio	<b>Cycle Together</b> 7:30-8:25am Lisa V Cycle Studio
	<b>Balance &amp; Flex Together</b> 6:00-6:55am Lisa Aerobic Studio	<b>Strength Train Together</b> 6:00-6:55am Janice Aerobic Studio	<b>Y HIT</b> 5:00-5:55am Lynne Augat Gym	<b>Yoga Flow</b> 6:30-7:25am Andrea Aerobic Studio	<b>Kickboxing *</b> 8:00-9:00am Anna Kickboxing Studio	<b>Y HIT</b> 8:00-8:55am Lynne Augat Gym
<b>EnhanceFitness L-1</b> 8:30-9:25am Renee Aerobic Studio		<b>Golden Beats</b> 8:30-9:25am Cyndee Aerobic Studio	<b>Kickboxing *</b> 8:00-8:55am Anna Kickboxing Studio	<b>Y Water Fit</b> 8:30-9:25am Renee/Cortney Balfour Pool	<b>Y HIT</b> 8:00-8:55am Devan Aerobic Studio	<b>Kickboxing *</b> 8:00-8:55am David Kickboxing Studio
<b>WATERinMOTION</b> 8:30-9:25am Cyndee Balfour Pool	<b>WATERinMOTION</b> 8:30-9:25am Cyndee Balfour Pool	<b>Y Water Fit</b> 8:30-9:25am Cortney Balfour Pool	<b>WATERinMOTION</b> 8:30-9:25am Cyndee Balfour Pool	<b>Chair Yoga</b> 8:30-9:25am Renee/Cortney Aerobic Studio		<b>Foundations of Yoga</b> 9:00-10:00am Rotating Instructors Aerobic Studio
	<b>EnhanceFitness L-2</b> 8:30-9:25am Linda Tappan Gym				<b>Zumba</b> 9:00-9:55am Chelsee Aerobic Studio	
	<b>Bands &amp; More</b> 9:00-9:55am Jennifer Aerobic Studio	<b>Cycle Together</b> 9:15-10:10am Kerry Cycle Studio	<b>Kickboxing *</b> 9:00-9:55am Anna Kickboxing Studio	<b>Strength Train Together</b> 9:30-10:25am Sharon Aerobic Studio	<b>Kickboxing *</b> 9:00-9:55am Anna Kickboxing Studio	<b>Zumba</b> 10:30-11:30am Alyssa Aerobic Studio
<b>Strength Train Together</b> 9:30-10:25am Ioanna Aerobic Studio	<b>Cycle Together</b> 9:00-9:55am Gina Cycle Studio	<b>Y HIT</b> 9:30-10:25am Lisa H Aerobic Studio	<b>Active Together</b> 9:00-9:55am Melanie Aerobic Studio	<b>EnhanceFitness</b> 9:30-10:25am Renee Tappan Gym	<b>Cycle Freestyle</b> 9:00-9:55am Rotating instructor Cycle Studio	<b>Kickboxing Strike *</b> 12:30-1:30 David Kickboxing studio
	<b>Kickboxing *</b> 9:00-9:55am Anna Kickboxing Studio	<b>Tabata Splash</b> 9:30-10:25am Cortney Sweet Pool	<b>Cycle Together</b> 9:00-9:55am Kerri Cycle Studio	<b>Cycle Together</b> 9:45-10:30am Holly Cycle Studio	<b>Gentle Yoga</b> 10:00-10:55am Renee Aerobic Studio	
<b>Cycle 30/HIT</b> 9:45-10:45am Holly Cycle Studio/Carpenter	<b>Water Yoga</b> 9:30-10:00am Cortney Balfour Pool					
	<b>Foundations of Yoga</b> 10:00-10:55am Jess Aerobic Studio		<b>Zumba</b> 10:00-10:55am Alba Aerobic Studio			
	<b>Water Rehab &amp; More</b> 10:00-10:55am Sue Balfour Pool		<b>Water Rehab &amp; More</b> 10:00-10:55am Sue Balfour Pool			

### MID-DAY CLASSES

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

<b>Strength Train Together</b> 4:30-5:25pm Nicole Aerobic studio	<b>Cycle 30</b> 4:30-5:00pm Nicole Cycle Studio	<b>Strength Train Together</b> 4:30-5:25pm Lisa H Aerobic Studio	<b>Kids Yoga (Ages 5-10)</b> 4:30-5:15pm Jess Kickboxing Studio	
<b>Y Step</b> 5:35-6:30pm Erin Aerobic Studio	<b>WERQ</b> 5:00-5:55 p.m. Corey Aerobic Studio	<b>Kickboxing for Teen Girls</b> 5:00-5:55 pm Jennie Kickboxing Studio	<b>Kids Yoga (Ages 10-13)</b> 5:15-6:00pm Jess Kickboxing Studio	
<b>Y Hit</b> 6:00-6:55pm Lynne Augat Gym		<b>Y HIT</b> 5:30-6:25 pm Ryan Carpenter Gym	<b>Cycle 30</b> 5:30-6:00pm Lisa V Cycle Studio	<b>Restorative Yoga</b> 6:00-7:00pm Rotating Instructor Aerobic Studio
<b>Kickboxing *</b> 6:00-6:55 pm Anna Kickboxing Studio		<b>Active Together</b> 5:35-6:35 Holly Aerobic Studio	<b>Strength Train Together</b> 6:15-7:10pm Ioanna Aerobic Studio	<b>Kickboxing *</b> 6:00-6:55 pm Chris Kickboxing Studio
<b>Zumba</b> 6:15-7:10pm Chelsee Tappan Gym	<b>Cycle Together</b> 6:15-7:10 pm Kristin Cycle Studio	<b>Kickboxing *</b> 6:00-6:55 pm Jennie Kickboxing Studio	<b>Zumba</b> 6:15-7:10 pm Chelsee Tappan Gym	
<b>Yoga Flow</b> 6:45-7:40pm Diane Aerobic Studio	<b>Kickboxing *</b> 6:30-7:25 pm David Kickboxing Studio	<b>Zumba</b> 6:40-7:35pm Holly Aerobic Studio		
<b>Kickboxing *</b> 7:15-8:10pm Anna Kickboxing Studio	<b>Y Yoga/Pilates</b> 6:45-7:40pm Barbara S. Aerobic studio			
<b>Line Dancing</b> 7:20-8:45pm Donna Tappan Gym	<b>Kickboxing *</b> 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 [attleboroyymca.org/kickboxing](http://attleboroyymca.org/kickboxing).

### 2018 MOSSA LAUNCH

Join us on Saturday, January 20th, for a morning of great 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!

### NEW! RESTORATIVE YOGA

Restorative Yoga is a gentle style of yoga designed to counteract the stress of daily life. The yoga poses are fully supported with the use of props, such as blankets and bolsters, so that relaxation is maximized. Restorative yoga is appropriate for all ages and stages of life. Please bring your own pillow and blanket.

### 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](http://attleboroyymca.org/inclement-weather-alerts).