



GROUP EXERCISE SCHEDULE

DOWNTOWN BRANCH · MARCH 2018

March 1-31

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	Y HIT * 9:00-9:55am Devan Aerobic Studio	Foundations of Yoga 9:00-10:00am Rotating Instructors Aerobic Studio
	EnhanceFitness L-2 8:30-9:25am Linda 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		Cycle Freestyle 9:00-9:55am Rotating instructor 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 30 / Y HIT 10:00-11:00am Holly Cycle Studio	Gentle Yoga 10:00-10:55 am Renee Aerobic Studio	
Cycle 30/ HIT 10:00-11:00am 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			

YOGA WORKSHOP

Join the Y's Yoga instructors for a celebration of the Spring Equinox! Whether you're longtime yoga devotee or have never stepped on a mat, our instructors will guide you through a series of classes designed to ease tension and promote wellness, inside and out.

Sunday, March 18th
9 am - 12 pm
Downtown Branch

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 12:15-1:15pm 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 Jess 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 Jess 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	Restorative Yoga 6:00-7:00pm Rotating Instructor Aerobic Studio
Kickboxing * 6:00-6:55 pm Anna Kickboxing Studio		Active Together 5:35-6:35 Holly Aerobic Studio	Strength Train Together 6:15-7:10pm Ioanna Aerobic Studio	Kickboxing * 6:00-6:55 pm Chris Kickboxing Studio
Zumba 6:15-7:10pm Chelsee Tappan Gym	Cycle Together 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 6:45-7:40pm 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 6:45-7:40pm 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)
- Go (high intensity)
- Set (flexible intensity)
- Child Friendly Class

SHAPE UP - Spring Session

The Y's small group fitness and weightloss program returns this spring with a new 7-week format. Each week includes a one-hour team session with your Personal Trainer and a one-hour team session with the Y's Dietitian or Behaviorist.

Dates: April 30-June 16

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.

REGISTER FOR CAMP

Registration is now open for the Attleboro Y's Summer Camps! Sign up today for the Best Summer Ever!
attleboroymca.org/camp2018

* Class requires advanced registration: Due to the limited space and popularity of these classes, please reserve your spot in class in advance. Online reservations open 2 days prior to class at attleboroymca.org/schedules.