



GROUP EXERCISE SCHEDULE

PLEASANT STREET BRANCH · MARCH 2018
March 1-31

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 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 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		

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

		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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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

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	

REGISTER FOR CAMP

Registration is now open for the Attleboro Y's Summer Camps! Sign up today for the Best Summer Ever!

attleboroyca.org/camp2018

Class Intensity Levels:

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