



GROUP EXERCISE SCHEDULE

PLEASANT STREET BRANCH · APRIL 2018
April 2-30

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	Y Stretch 8:30-9:25 a.m. Nicole Aerobic 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 Courtney 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	<div style="background-color: #800080; color: white; padding: 10px;"> <p>HEALTHY KIDS DAY</p> <p>Are the kids in your life already dreaming of summer? When kids are inspired, they can do anything. Let's awaken their imagination so they can explore new activities and healthy habits. Everyone is welcome to join in the fun!</p> <p>Saturday, April 28 10:00 a.m.-12:00 p.m. Balfour Riverwalk Park</p> </div>	
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		

MID-DAY CLASSES

		Cycle Together 12:10-1:00pm Lisa V Cycle Loft	Yoga Slow Flow 12:10-1:00 pm Courtney 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 Together 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)

HEALTHY KIDS DAY

Are the kids in your life already dreaming of summer? When kids are inspired, they can do anything. Let's awaken their imagination so they can explore new activities and healthy habits. Everyone is welcome to join in the fun!

Saturday, April 28
10:00 a.m.-12:00 p.m.
Balfour Riverwalk Park

SHAPE UP - Spring Session

The Y's small group fitness and weightloss program returns this spring with a new 8-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 23

REGISTER FOR CAMP

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

attleboroyymca.org/camp2018