



# GROUP EXERCISE SCHEDULE

PLEASANT STREET BRANCH • May 2018

May 1-31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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## MORNING CLASSES

<b>Strength Train Together</b> 5:30-6:25am Janice Aerobic Studio				<b>Strength Train Together</b> 5:30-6:25am Janice Aerobic Studio	<b>Active Together</b> 8:00-8:55am Melanie Aerobic Studio	
<b>Tai Chi</b> 8:00-8:30 a.m. Barbara Dance Studio	<b>Y Stretch</b> 8:30-9:25 a.m. Nicole Aerobic Studio	<b>Tai Chi</b> 8:00-8:30 a.m. Barbara Dance Studio		<b>Y Stretch</b> 8:30-9:25 a.m. Nicole Aerobic Studio	<b>Cycle Together</b> 8:00-8:55am Holly Cycle Loft	<b>Strength Train Together</b> 8:00-8:55am Katie M. Aerobic Studio
<b>Y Pilates</b> 8:30-9:25am Nicole Aerobic Studio	<b>Y Water Fit</b> 9:00-9:55am Pam Pool	<b>Active Together</b> 8:30-9:25am Melanie Aerobic Studio	<b>Y Water Yoga</b> 9:00-9:55am Cortney Pool	<b>Y Water Fit</b> 9:00-9:55am Kerry Pool	<b>Strength Train Together</b> 9:00-9:55am Lisa Aerobic Studio	
<b>Keeping Fit</b> 8:30-9:25am Barbara Dance Studio	<b>Strength Train Together</b> 9:30-10:25am Shannon Aerobic Studio			<b>Y H.I.T.</b> 9:30-10:25am Nicole Fitness Center	<b>Balance &amp; Flex Together</b> 10:15-11:10am Lisa Aerobic Studio	
<b>Y Water Fit</b> 9:00-9:55am Linda Pool		<b>Y Water Fit</b> 9:00-9:55am Linda Pool	<b>Strength Train Together</b> 9:30-10:25am Shannon Aerobic Studio	<b>Balance &amp; Flex Together</b> 9:30-10:25am Melanie Aerobic Studio		
<b>WERQ</b> 9:30-10:25 am Corey Aerobic Studio	<b>Balance &amp; Flex Together</b> 10:30-11:25am Laurie Aerobic Studio	<b>Y Yoga Foundation</b> 9:30-10:25am Renee Aerobic Studio	<b>Balance &amp; Flex Together</b> 10:30-11:25am Sharon Aerobic Studio			
		<b>WERQ</b> 10:30-11:25am Corey Aerobic Studio		<b>Active Together</b> 10:30-11:25am Melanie Aerobic Studio		

## MID-DAY CLASSES

		<b>Cycle Together</b> 12:10-1:00pm Lisa V Cycle Loft	<b>Yoga Slow Flow</b> 12:10-1:00 pm Cortney Aerobic Studio	
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## EVENING CLASSES

<b>Y Yoga Flow 30 min</b> 5:45-6:15pm Barbara S. Aerobic Studio			<b>Y Pilates</b> 5:45-6:15pm Barbara Aerobic Studio	<b>WERQ</b> 5:15-6:10pm Corey Aerobic Studio
<b>Cycle Together</b> 6:00-6:55pm Chris Cycle Loft	<b>Strength Train Together</b> 6:00-6:55pm Ioanna Aerobic studio	<b>Cycle Together</b> 6:00-6:55pm Laura Cycle Loft	<b>Cycle Together</b> 6:00-6:55pm Holly Cycle Loft	<b>Zumba Party</b> 6:15-7:10pm Alyssa Aerobic Studio
<b>Active Together</b> 6:15-7:10pm Barbara S. Aerobic studio		<b>Y Pilates</b> 6:00-6:55pm Tomoko Aerobic Studio	<b>Active Together</b> 6:15-7:10pm Barbara Aerobic Studio	
<b>Y Water Fit</b> 6:15-7:10pm Linda Pool	<b>Zumba</b> 7:15-8:10pm Alba Aerobic studio	<b>Y Water Fit</b> 6:15-7:10pm Linda Pool	<b>Yoga Flow</b> 7:15-8:10pm Barbara Aerobic Studio	

### Class Intensity Levels:

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

### SHOP AT MACY'S & HELP SEND KIDS TO CAMP

From May 1st through the 22nd, you can help send kids to camp when you shop at Macy's at the Emerald Square Mall! When you checkout, simply round up to the nearest dollar to donate your change (up to \$.99) toward camp scholarships for local kids!

### FAMILY NINJA WARRIOR

Get the whole family running, jumping, and climbing in this fun outdoor event to get the whole family moving together as a team! Test out your strength and endurance on our outdoor obstacle course. Then enjoy some team-building activities on our Ropes Challenge Course.

SAT, May 19  
1:00-3:00 pm  
Norton Outdoor Center  
295 West Main Street, Norton

Free for Y Members  
\$10 per Non-Member Family  
No pre-registration necessary

### 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](http://attleboroymca.org/camp2018)

### MEMORIAL DAY HOURS

Check out our holiday hours for Monday, May 28th!

Downtown Branch open 5am-8pm  
Pleasant Street Branch closed