



GROUP EXERCISE SCHEDULE

PLEASANT STREET BRANCH · July - August 2018

July 2 - Sept 2

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 Free Style 8:00-8:55am Holly Cycle Loft	Strength Train Together 8:00-8:55am Katie M. Aerobic Studio
Y Pilates 8:30-9:25am Nicole Aerobic Studio	Y Water Fit 8:30-9:30am Pam Pool	Active Together 8:30-9:25am Melanie Aerobic Studio	Y Water Yoga 8:30-9:30am Cortney Pool	Y Water Fit 8:30-9:30am 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			Y H.I.T. 9:30-10:25am Nicole Fitness Center	Balance & Flex Together 10:15-11:10am Lisa Aerobic Studio	
Y Water Fit 8:30-9:30am Linda Pool		Y Water Fit 8:30-9:30am 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 Lisa 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		Active Together 10:30-11:25am Melanie Aerobic Studio		

SUMMER HOURS

DOWNTOWN BRANCH
MON-FRI 5am-10pm
SAT 7 am-8 pm
SUN 7 am-4 pm

PLEASANT STREET BRANCH
MON-FRI 5 am- 10 pm
SAT & SUN 7 am-4 pm

Pools close 30 minutes prior.

NORTON OUTDOOR CENTER

Your membership includes access to our Norton Outdoor Center - with a beautiful outdoor pool, fields, trails, and new splash pad.

MON-FRI 4:30-7:30 pm
SAT-SUN 10 am-7:00 pm

(Pool closes 30 mins prior to facility closing time.)

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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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 30 6:00-6:30pm 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)

4TH OF JULY HOLIDAY HOURS

Downtown Branch closed.

Pleasant Street open 7 am-4 pm.

Norton Outdoor Center open
12-4 pm.

WARRIOR BOOT CAMP

Whether you're training for your first or your 99th adventure race—or if you simply want a great workout, our Warrior Boot Camp program combines cardio and strength training to help you get in your best shape.

To learn more or to register, go to attleboroyymca.org/warrior-boot-camp.