



GROUP EXERCISE SCHEDULE

PLEASANT STREET BRANCH · JUNE 2018

June 4-July 1

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 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		Active Together 10:30-11:25am Melanie Aerobic Studio		

SUMMER HOURS

Our Summer Hours begin the week of June 25th.

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

NORTON OUTDOOR CENTER

Summer really gets underway with the reopening of the Y's Norton Outdoor Center on Saturday, June 16th! Access to our beautiful outdoor pool, fields, trails, and new splash pad is included in your Membership!

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

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

2018-2019 PARKING PASSES

Please be sure to pick up your 2018-2019 parking pass for the Downtown Branch at either of the Y's Welcome Centers! The current pass expires on June 30th!

CAMP BEGINS AT THE PLEASANT STREET BRANCH ON JUNE 11

With our campers returning for the summer camp season, please remember to drive slowly and carefully when arriving at and departing the Y. Thank you!

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)