



GROUP EXERCISE SCHEDULE

DOWNTOWN BRANCH · July & August 2018

July 2 – Sept 2

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

MORNING CLASSES

	Cycle Freestyle 5:00-5:55am Jef Cycle Studio	Cycle Freestyle 5:00-5:55am Heather Cycle Studio	Cycle Freestyle 5:00-5:55am Jef Cycle Studio	Cycle Together 6:00-6:55am Chris Cycle Studio	Cycle 30 7:30-8:00am Lisa V Cycle Studio	Cycle Together 7:30-8:25am Lisa V Cycle Studio
	Balance & Flex Together 6:00-6:55am Lisa Aerobic Studio	Strength Train Together 6:00-6:55am Janice Aerobic Studio	Y HIT 5:00-5:55am Lynne Augat Gym	Yoga Flow 6:30-7:25am Rotating Instructor Aerobic Studio	Kickboxing * 8:00-9:00am Anna Kickboxing Studio	Y HIT 8:00-8:55am Lynne Augat Gym
		Golden Beats 8:30-9:25am Cyndee Aerobic Studio	Kickboxing * 8:00-8:55am Anna Kickboxing Studio	Y Water Fit 8:30-9:25am Rotating Staff Balfour Pool	Y HIT * 8:00-8:55am Devan Aerobic Studio	Kickboxing * 8:00-8:55am David Kickboxing Studio
WATERinMOTION 8:30-9:25am Cyndee Balfour Pool	WATERinMOTION 8:30-9:25am Cyndee Balfour Pool	Y Water Fit 8:30-9:25am Cortney Balfour Pool	WATERinMOTION 8:30-9:25am Cyndee Balfour Pool	Chair Yoga 8:30-9:25am Cortney Aerobic Studio	Y HIT * 9:00-9:55am Devan Aerobic Studio	Foundations of Yoga 9:00-10:00am Rotating Instructors Aerobic Studio
					Zumba 9:00-9:55am Chelsea Aerobic Studio	TRX * 9:30-10:25am Meg B Carpenter Gym
	Bands & More 9:00-9:55am Jennifer Aerobic Studio	Cycle 30 9:00-9:30am Kerry Cycle Studio	Kickboxing * 9:00-9:55am Anna Kickboxing Studio	Strength Train Together 9:30-10:25am Sharon Aerobic Studio	Kickboxing * 9:00-9:55am Anna Kickboxing Studio	Zumba 10:30-11:30am Alyssa Aerobic Studio
Strength Train Together 9:30-10:25am Ioanna Aerobic Studio	Cycle Together 9:00-9:55am Gina Cycle Studio	Y HIT 9:30-10:25am Lisa H Aerobic Studio	Active Together 9:00-9:55am Melanie Aerobic Studio			
	Kickboxing * 9:00-9:55am Anna Kickboxing Studio	Tabata Splash 9:30-10:25am Cortney Sweet Pool	Cycle 30 9:00-9:30am Kerri Cycle Studio	Cycle 30 / Y HIT 10:00-11:00am Holly Cycle Studio	Gentle Yoga 10:00-10:55am Renee Aerobic Studio	
Cycle 30/ HIT 10:00-11:00am Holly Cycle Studio/Carpenter	Water Yoga 9:30-10:00am Cortney Balfour Pool					
	Foundations of Yoga 10:00-10:55am Jess Aerobic Studio		Zumba 10:00-10:55am Alba Aerobic Studio			
	Water Rehab & More 10:00-10:55am Sue Balfour Pool		Water Rehab & More 10:00-10:55am Sue Balfour Pool			

MID-DAY CLASSES

Y HIT 12:15-1:00pm Lisa H Carpenter Gym	Active Together 12:15-1:00pm Holly Aerobic Studio	Cycle 30 / Y HIT 12:15-1:15pm Nicole Cycle / Carpenter	Strength Train Together 12:15-1:00pm Nicole Aerobic Studio	Balance & Flex Together 12:15-1:00pm Sharon Aerobic Studio
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EVENING CLASSES

Strength Train Together 4:30-5:25pm Nicole Aerobic studio	Cycle 30 4:30-5:00pm Nicole Cycle Studio	Strength Train Together 4:30-5:25pm Lisa H Aerobic Studio	Kids Yoga (Ages 5-10) 4:30-5:15pm Jess Kickboxing Studio	
Y Step 5:35-6:30pm Erin Aerobic Studio	WERQ 5:00-5:55pm Corey Aerobic Studio	Kickboxing for Teen Girls 5:00-5:55pm Chelley Kickboxing Studio	Kids Yoga (Ages 10-13) 5:15-6:00pm Jess Kickboxing Studio	
Y Hit 6:00-6:55pm Lynne Augat Gym	TRX * 5:30-6:25pm Meg B Carpenter Gym	Y HIT 5:30-6:25pm Ryan Carpenter Gym	Cycle 30 5:30-6:00pm Lisa V Cycle Studio	Restorative Yoga 6:00-7:00pm Rotating Instructor Aerobic Studio
Kickboxing * 6:00-6:55pm Anna Kickboxing Studio		Active Together 5:35-6:35pm Holly Aerobic Studio	Strength Train Together 6:15-7:10pm Ioanna Aerobic Studio	Kickboxing * 6:00-6:55pm Chris Kickboxing Studio
Zumba 6:00-6:55pm Chelsea Tappan Gym	Cycle Together 6:15-7:10pm Kristin Cycle Studio	Kickboxing 6:00-6:55pm Chelley Kickboxing Studio	Zumba 6:15-7:10pm Chelsea Tappan Gym	
Yoga Flow 6:55-7:50pm Diane Aerobic Studio	Kickboxing * 6:30-7:25pm David Kickboxing Studio	Zumba 6:40-7:35pm Holly Aerobic Studio		
Kickboxing * 7:15-8:10pm Anna Kickboxing Studio	Y Yoga/Pilates 6:45-7:40pm Barbara S. Aerobic studio			
	Kickboxing * 7:30-8:25pm David Kickboxing Studio			

Class Intensity Levels:
 Ready (low impact) Set (flexible intensity)
 Go (high intensity) Child Friendly Class

* Class requires advanced registration: Due to the limited space and popularity of these classes, please reserve your spot in class in advance. Online reservations open 2 days prior to class at attleboroymca.org/schedules.

SUMMER HOURS

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

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

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

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

4TH OF JULY HOLIDAY HOURS

Downtown Branch closed.

Pleasant Street open 7am-4pm.

Norton Outdoor Center open 12-4pm.

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 attleboroymca.org/warrior-boot-camp.