



Attleboro YMCA Pleasant Street Branch
GROUP EXERCISE SCHEDULE
 September 4-October 31, 2018

537 Pleasant Street, Attleboro
 (508) 226-7700
attleboroymca.org/schedules

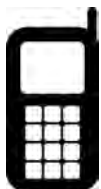
CARDIO, STRENGTH & YOGA CLASSES

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Strength Train Together Aerobic Studio Janice D 5:30am - 6:25am				Strength Train Together Aerobic Studio Janice D 5:30am - 6:25am		
8am	Tai Chi Dance Studio Barbara S 8am - 8:30am	Y Stretch Aerobic Studio Nicole S 8:30am - 9:25am	Tai Chi Dance Studio Barbara S 8am - 8:30am		Y Stretch Aerobic Studio Nicole S 8:30am - 9:25am	Active Together Aerobic Studio Melanie S 8am - 8:55am	Strength Train Together Aerobic Studio Katie M 8am - 8:55am
	Y Keeping Fit Dance Studio Barbara S 8:30am - 9:25am		Active Together Aerobic Studio Melanie S 8:30am - 9:25am				
	Y Pilates Aerobic Studio Nicole S 8:30am - 9:25am						
9am	WERQ Aerobic Studio Cory G 9:30am - 10:25am	Strength Train Together Aerobic Studio Shannon S 9:30am - 10:25am	Foundations of Yoga Aerobic Studio Renee M 9:30am - 10:25am	Strength Train Together Aerobic Studio Shannon S 9:30am - 10:25am	Y H.I.I.T. Fitness Center Nicole S 9:30am - 10:25am	Strength Train Together Aerobic Studio Lisa H 9am - 9:55am	
					Balance & Flex Together Aerobic Studio Melanie S 9:30am - 10:25am		
10am		Balance & Flex Together Aerobic Studio Lisa H 10:30am - 11:25am	WERQ Aerobic Studio Cory G 10:30am - 11:25am	Balance & Flex Together Aerobic Studio Sharon D 10:30am - 11:25am	Active Together Aerobic Studio Melanie S 10:30am - 11:25am	Balance & Flex Together Aerobic Studio Lisa H 10am - 10:55am	
12pm				Yoga Slow Flow Aerobic Studio Cortney W 12:10pm - 1pm			
5pm	Yoga Flow Aerobic Studio Barbara S 5:30pm - 6pm			Y Pilates Aerobic Studio Barbara S 5:30pm - 6pm	WERQ Aerobic Studio Cory G 5:30pm - 6:25pm		
6pm	Active Together Aerobic Studio Barbara S 6pm - 6:55pm	Strength Train Together Aerobic Studio Ioanna M 6pm - 6:55pm	Y Pilates Aerobic Studio Tomoko D 6pm - 6:55pm	Active Together Aerobic Studio Barbara S 6pm - 6:55pm	Zumba® Aerobic Studio Alyssa W 6:30pm - 7:25pm		
		Y H.I.I.T. Loft Devan C 6pm - 6:55pm					
7pm		Zumba® Aerobic Studio Alba C 7pm - 7:55pm		Yoga Flow Aerobic Studio Barbara S 7pm - 7:55pm			

WATER FITNESS CLASSES

	MON	TUE	WED	THU	FRI	SAT	SUN
9am	Y Water Fit Linda G 9am - 9:55am	Y Water Fit Pam M 9am - 9:55am	Y Water Fit Linda G 9am - 9:55am	Y Water Fit Cortney W 9am - 9:55am	Y Water Fit Kerry S 9am - 9:55am		
6pm	Y Water Fit Linda G 6:15pm - 7:10pm		Y Water Fit Linda G 6:15pm - 7:10pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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iTunes QR Code



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Class Descriptions Pleasant Street YMCA

537 Pleasant Street
Attleboro, MA 02703
(508) 226-7700

Active Together - ACTIVE TOGETHER gives you all the training you need - cardio, strength, balance and flexibility - in just one hour. Get stronger and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movements.

Balance & Flex Together - BALANCE & FLEX TOGETHER will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core.

Foundations of Yoga - In this alignment-oriented class, you'll learn the basics of yoga, including some slow flowing, standing, seated and reclined postures. May include some balance and core work. Finishes with guided relaxation.

Strength Train Together - STRENGTH TRAIN TOGETHER will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises.

Tai Chi - Tai chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

WERQ - This dance fitness class incorporates pop, rock, and hip hop music for a fun, energizing workout that promotes cardiovascular health.

Y H.I.I.T. - This high-energy, interval-based class offers a full-body workout to increase endurance and strength.

Y Keeping Fit - Designed for Active Older Adults, this class focuses on cardio, balance, and strength for overall health and wellness.

Y Pilates - A full-body program intended to enhance core strength, flexibility, and balance using integrated movements and the weight of your own body.

Y Stretch - Take 30 minutes to restore and recuperate in this instructor-led stretching class.

Y Water Fit - A shallow-water aerobic workout to improve strength and stability without impact on knees and joints.

Yoga Flow - Classes are invigorating and often include a slow aerobic element. Postures flow continually, linking breath to movement and building internal heat.

Yoga Slow Flow - Classes are invigorating and often include a slow aerobic element. Postures flow continually, linking breath to movement and building internal heat.

Zumba® - Latin rhythms and moves combined to create a fun and energetic workout.