



Attleboro YMCA Downtown Branch  
**GROUP EXERCISE SCHEDULE**  
 October 2018

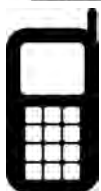
63 North Main Street  
 (508) 222-7422  
[attleboroymca.org/schedules](http://attleboroymca.org/schedules)

**CARDIO, STRENGTH & YOGA CLASSES**

|      | MON  | TUE   | WED   | THU   | FRI   | SAT   | SUN  |
|------|--|---|---|---|---|---|--|
| 5am  |  |   | <b>Strength Train Together</b><br>Aerobic Studio<br>Janice D<br>5:30am - 6:25am |   |   |   |  |
| 6am  |  | <b>Balance &amp; Flex Together</b><br>Aerobic Studio<br>Lisa H<br>6am - 6:55am  |   |   | <b>Yoga Flow</b><br>Aerobic Studio<br>Lauren O<br>6:30am - 7:25am                 |   |  |
| 8am  |  |   | <b>Y Keeping Fit</b><br>Aerobic Studio<br>Cyndee G<br>8:30am - 9:25am           |   | <b>Y Chair Yoga</b><br>Aerobic Studio<br>Cortney W<br>8:30am - 9:25am             |   |  |
| 9am  | <b>Strength Train Together</b><br>Aerobic Studio<br>Ioanna M<br>9:30am - 10:25am | <b>Cardio, Bands &amp; Core</b><br>Aerobic Studio<br>Jennifer G<br>9am - 9:55am |   | <b>Active Together</b><br>Aerobic Studio<br>Melanie S<br>9am - 9:55am           | <b>Strength Train Together</b><br>Aerobic Studio<br>Sharon D<br>9:30am - 10:25am  | <b>Zumba®</b><br>Aerobic Studio<br>Chelsee A<br>9am - 9:55am      | <b>Foundations of Yoga</b><br>Aerobic Studio<br>Debbie W<br>9am - 9:55am |
| 10am |  | <b>Foundations of Yoga</b><br>Aerobic Studio<br>Jess T<br>10am - 10:55am        |   |   |   | <b>Gentle Yoga</b><br>Aerobic Studio<br>Renee M<br>10am - 10:55am | <b>Zumba®</b><br>Aerobic Studio<br>Alyssa W<br>10:30am - 11:25am         |
| 12pm |  | <b>Active Together</b><br>Aerobic Studio<br>Holly D<br>12:15pm - 1pm            |   | <b>Strength Train Together</b><br>Aerobic Studio<br>Nicole S<br>12:15pm - 1pm   | <b>Balance &amp; Flex Together</b><br>Aerobic Studio<br>Sharon D<br>12:15pm - 1pm |   |  |
| 4pm  | <b>Strength Train Together</b><br>Aerobic Studio<br>Nicole S<br>4:30pm - 5:25pm  |   | <b>Strength Train Together</b><br>Aerobic Studio<br>Lisa H<br>4:30pm - 5:25pm   |   |   |   |  |
| 5pm  |  | <b>WERQ</b><br>Aerobic Studio<br>Cory G<br>5pm - 5:55pm                         | <b>Active Together</b><br>Aerobic Studio<br>Holly D<br>5:30pm - 6:25pm          |   |   |   |  |
| 6pm  | <b>Zumba®</b><br>.Tappan Gym<br>Chelsee A<br>6pm - 6:55pm                        | <b>Yoga Flow</b><br>Aerobic Studio<br>Barbara S<br>6:30pm - 7:25pm              | <b>Zumba®</b><br>Aerobic Studio<br>Holly M<br>6:30pm - 7:25pm                   | <b>Zumba®</b><br>.Tappan Gym<br>Chelsee A<br>6pm - 6:55pm                       | <b>Restorative Yoga</b><br>Aerobic Studio<br>YMCA Staff<br>6pm - 7pm              |   |  |
|      | <b>Yoga Flow</b><br>Aerobic Studio<br>Diane P<br>6:30pm - 7:25pm                 |   |   | <b>Strength Train Together</b><br>Aerobic Studio<br>Ioanna M<br>6:15pm - 7:10pm |   |   |  |
| 7pm  |  |   |   | <b>Sound Therapy Yoga</b><br>Aerobic Studio<br>Brian M<br>7:30pm - 8:25pm       |   |   |  |

**WATER FITNESS CLASSES**

|      | MON   | TUE   | WED   | THU   | FRI  | SAT | SUN |
|------|---|---|---|---|--|-----|-----|
| 8am  | <b>WATERinMOTION® Platinum</b><br>Pool BALFOUR<br>Cyndee G<br>8:30am - 9:25am | <b>WATERinMOTION® Platinum</b><br>Pool BALFOUR<br>Cyndee G<br>8:30am - 9:25am | <b>Y Water Fit</b><br>Pool BALFOUR<br>Cortney W<br>8:30am - 9:25am  | <b>WATERinMOTION® Platinum</b><br>Pool BALFOUR<br>Cyndee G<br>8:30am - 9:25am | <b>Latin Aqua Party</b><br>Pool BALFOUR<br>Cyndee G<br>8:30am - 9:25am |     |     |
| 9am  |   | <b>Y Water Yoga</b><br>Pool BALFOUR<br>Cortney W<br>9:30am - 10am             | <b>Tabata Splash</b><br>Pool SWEET<br>Cortney W<br>9:30am - 10:25am |   |  |     |     |
| 10am |   | <b>Water Joint Movement</b><br>Pool BALFOUR<br>Sue T<br>10am - 10:55am        |   | <b>Water Joint Movement</b><br>Pool BALFOUR<br>Sue T<br>10am - 10:55am        |  |     |     |
| 4pm  |   | <b>Kids WATERinMOTION®</b><br>Pool BALFOUR<br>Meg S<br>4:30pm - 5pm           |   |   |  |     |     |
| 5pm  |   |   |   |   | <b>Kids WATERinMOTION®</b><br>Pool BALFOUR<br>Meg S<br>5:30pm - 6pm    |     |     |



Get the **Attleboro Y's Mobile App** to access all of the Y schedules, updates, and announcements right on your phone!

Available at iTunes and Google Play.

iTunes QR Code



Google Play QR Code



# H.I.I.T. & TRX & FITNESS ON DEMAND

|      | MON  | TUE  | WED   | THU  | FRI | SAT   | SUN   |
|------|--|--|---|--|-----|---|---|
| 5am  |  |  |   | Y H.I.I.T.<br>Augat Gym<br>Lynne N<br>5am - 5:55am         |     |   |   |
| 7am  |  | Fitness On Demand<br>Carpenter Gym<br>Devan C<br>7am - 9am           |   | Fitness On Demand<br>Carpenter Gym<br>Devan C<br>7am - 9am |     |   |   |
| 8am  |  |  |   |  |     | Y H.I.I.T. Saturday<br>Carpenter Gym<br>Devan C<br>8am - 8:55am | Y H.I.I.T.<br>Augat Gym<br>Lynne N<br>8am - 8:55am                    |
| 9am  |  |  | Y H.I.I.T.<br>Carpenter Gym<br>Lisa H<br>9:30am - 10:25am |  |     | Y H.I.I.T. Saturday<br>Carpenter Gym<br>Devan C<br>9am - 9:55am | TRX Suspension Training<br>Carpenter Gym<br>Meg B<br>9:30am - 10:25am |
| 12pm | Y H.I.I.T.<br>Carpenter Gym<br>Lisa H<br>12:15pm - 1pm |  |   |  |     |   |   |
| 5pm  |  | TRX Suspension Training<br>Carpenter Gym<br>Meg B<br>5:30pm - 6:25pm | Y H.I.I.T.<br>Carpenter Gym<br>Ryan O<br>5:30pm - 6:25pm  |  |     |   |   |
| 6pm  | Y H.I.I.T.<br>Augat Gym<br>Lynne N<br>6pm - 6:55pm     |  |   |  |     |   |   |

# KICKBOXING CLASSES

|      | MON  | TUE  | WED  | THU  | FRI                                     | SAT                                    | SUN  |
|------|--|--|--|--|---|--|--|
| 8am  |  |  |  | Y Kickboxing<br>Anna M<br>8am - 8:55am             |   | Y Kickboxing<br>Anna M<br>8am - 8:55am | Y Kickboxing<br>David V<br>8am - 8:55am                      |
| 9am  | Y Kickboxing<br>Anna M<br>9:30am - 10:25am | Y Kickboxing<br>Anna M<br>9am - 9:55am     |  | Y Kickboxing<br>Anna M<br>9am - 9:55am             |   | Y Kickboxing<br>Anna M<br>9am - 9:55am |  |
| 12pm |  |  |  |  |   |  | Kickboxing Strike<br>David V<br>12:30pm - 1:25pm             |
| 3pm  |  |  |  |  |   |  | Mother & Daughter<br>Kickboxing<br>Chelley M<br>3pm - 3:55pm |
| 4pm  |  |  |  | Kids Yoga (Ages 5-10)<br>Jess T<br>4:30pm - 5:15pm |   |  |  |
| 5pm  |  |  | Y Kickboxing for Teen Girls<br>Chelley M<br>5pm - 5:55pm | Kids Yoga (Ages 10-13)<br>Jess T<br>5:15pm - 6pm   |   |  |  |
| 6pm  | Y Kickboxing<br>Anna M<br>6pm - 6:55pm     | Y Kickboxing<br>David V<br>6:30pm - 7:25pm | Y Kickboxing<br>Chelley M<br>6pm - 6:55pm                |  | Y Kickboxing<br>Chris P<br>6pm - 6:55pm |  |  |
| 7pm  | Y Kickboxing<br>Anna M<br>7pm - 7:55pm     | Y Kickboxing<br>David V<br>7:30pm - 8:25pm |  |  |   |  |  |

# CYCLE CLASSES

|      | MON   | TUE   | WED   | THU  | FRI  | SAT  | SUN   |
|------|---|---|---|--|--|--|---|
| 5am  |   | Cycle Freestyle<br>Jef B<br>5am - 5:55am    | Cycle Freestyle<br>Heather P<br>5am - 5:55am                | Cycle Freestyle<br>Jef B<br>5am - 5:55am               |  |  |   |
| 7am  |   |   |   |  |  | Cycle 30<br>Lisa V<br>7:30am - 8am         | Cycle Together<br>Lisa V<br>7:30am - 8:25am |
| 8am  |   |   |   |  |  | Cycle Freestyle<br>Holly D<br>8am - 8:55am |   |
| 9am  |   | Cycle Together<br>Gina C<br>9am - 9:55am    | Cycle 30<br>Lisa V<br>9am - 9:30am                          | Cycle 30<br>Keri M<br>9am - 9:30am                     |  |  |   |
| 10am | Cycle 30 / Y H.I.I.T. Combo<br>Holly D<br>10am - 11am |   |   |  | Cycle 30 / Y H.I.I.T. Combo<br>Holly D<br>10am - 10:55am |  |   |
| 12pm |   |   | Cycle 30 / Y H.I.I.T. Combo<br>Nicole S<br>12:15pm - 1:15pm |  |  |  |   |
| 4pm  |   | Cycle 30<br>Nicole S<br>4:30pm - 5pm        |   |  |  |  |   |
| 5pm  |   |   |   | Cycle 30<br>Ioanna M<br>5:30pm - 6pm                   | Cycle 30<br>Chris P<br>5:30pm - 6pm                      |  |   |
| 6pm  | Cycle Together<br>Chris P<br>6pm - 6:55pm             | Cycle Together<br>Kristin S<br>6pm - 6:55pm | Cycle Together<br>Laura M<br>6pm - 6:55pm                   | Cycle 30 / Y H.I.I.T. Combo<br>Holly D<br>6pm - 6:55pm |  |  |   |



## Class Descriptions Downtown YMCA

63 North Main Street  
Attleboro, MA 02703  
(508) 222-7422

**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.

**Cardio, Bands & Core** - Bands & More is a fun, dynamic class that integrates cardio with resistance training (using bands) to develop core strength and overall health.

**Cycle 30** - This class will get you moving and feeling better in only 30 minutes with inspiring music and motivating coaching to help you burn calories, improve muscular endurance, and build cardio fitness.

**Cycle 30 / Y H.I.I.T. Combo** - Begin with 30 minutes of cycling with inspiring music and motivating coaching to help you burn calories, improve muscular endurance, and build cardio fitness. Then move onto interval-based cardio & strength for a full-body workout.

**Cycle Freestyle** - A high-energy stationary bike workout that includes climbing, sprints, and interval training, as designed by our certified instructors.

**Cycle Together** - This 60-minute cycling experience encourages you to chase the pack, spin the flats, climb mountains and sprint to the finish as you get all the fitness and motivational benefits of interval training.

**Fitness On Demand** - To meet your busy schedule, our trainers now offer a challenging workout that incorporates cardio, strength, mobility, and flexibility in an open format. During the time period offered, arrive when your schedule allows and stay as long as you can.

**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.

**Gentle Yoga** - A class for beginners or those wanting a slower paced, gentler yoga experience. Includes modifications for postures and options to use a chair, yoga blocks or other props to make all poses accessible.

**Kickboxing Strike** - For experienced kickboxers, this class incorporates elements of sparring into the workout.

**Kids WATERinMOTION®** - This new class brings water fitness to kids! While they move to the top 40 music, kids have a blast splashing and moving in the water while improving their cardio fitness and strength in fun new ways.

**Kids Yoga (Ages 10-13)** - Yoga for kids is a dynamic class where the kids will learn yoga poses and apply those poses in games and activities. Kids benefit from yoga as it helps relieve stress, be active, and think in positive ways.

**Kids Yoga (Ages 5-10)** - Yoga for kids is a dynamic class where the kids will learn yoga poses and apply those poses in games and activities. Kids benefit from yoga as it helps relieve stress, be active, and think in positive ways.

**Latin Aqua Party** - Have some fun in the pool in this shallow-water class that brings Latin moves and music into the water for a low-impact, but energetic workout.

**Mother & Daughter Kickboxing** - This program encourages moms and daughters to strengthen their relationships while strengthening their physical and mental fitness as well. (For girls ages 9 and up)

**Restorative Yoga** - A gentle style of yoga designed to counteract the stress of daily life. Poses are supported with the use of props, so that relaxation is maximized. Restorative yoga is appropriate for all ages and stages of life. Bring your own pillow and blanket.

**Sound Therapy Yoga** - Effective in helping you achieve a state of relaxation, Sound Therapy can also help treat stress, anxiety, high blood pressure, pain, sleep disorders, and more. Combine Sound Therapy with Yoga to emerge feeling calm and refreshed.

**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.

**Tabata Splash** - This class brings high intensity cardio and strength interval training into the water!

**TRX Suspension Training** - The TRX system leverages gravity and your body weight to perform hundreds of exercises that build power and increase strength, flexibility, balance and mobility. Limited to 10 participants. Reserve your spot at [attleboroyymca.org/schedules](http://attleboroyymca.org/schedules).

**Water Joint Movement** - Designed to boost confidence and increase social interactions, this aqua class generally improves physical and mental well-being and strength. This warm-water class is for people at all ages who suffer from arthritis and other physical limitations.

**WATERinMOTION® Platinum** - A shallow-water, low-impact aqua exercise experience that offers active aging adults and deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility.

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

**Y Chair Yoga** - This safe, gentle yoga class aims to increase flexibility and range of motion from the comfort and support of a chair.

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

**Y H.I.I.T. Saturday** - Located in the Carpenter Gym, this high-energy, interval-based class offers a full-body workout to increase endurance and strength. Limited to 24 participants. Reserve your spot in advance at [attleboroymca.org/schedules](http://attleboroymca.org/schedules).

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

**Y Kickboxing** - Combines the punches of boxing with the kicks of karate. Kickboxing has numerous benefits for both your physical and your mental health. Due to the popularity of this class, we suggest you reserve your spot in advance at [attleboroymca.org/kickboxing](http://attleboroymca.org/kickboxing).

**Y Kickboxing for Teen Girls** - Combines the punches of boxing with the kicks of karate. Kickboxing has numerous benefits for both your physical and your mental health. This class is especially reserved for girls, ages 12-18.

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

**Y Water Yoga** - Move through a series of postures connecting the mind and body to improve flexibility and strength.

**Yoga 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.