



Attleboro YMCA Downtown Branch
GROUP EXERCISE SCHEDULE
February 2019
 attleboroymca.org/schedules



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CARDIO & STRENGTH CLASSES - Aerobic Studio & Tappan Gymnasium

	MON	TUE	WED	THU	FRI	SAT	SUN
5am			Strength Train Together Aerobic Studio Janice D 5:30am - 6:25am				
8am			Y Keeping Fit Aerobic Studio Cyndee G 8:30am - 9:25am		Y Chair Yoga Aerobic Studio Cortney W 8:30am - 9:25am		
9am	Strength Train Together Aerobic Studio Ioanna M 9:30am - 10:25am	Cardio, Bands & Core Aerobic Studio Jennifer G 9am - 9:55am		Active Together Aerobic Studio Melanie S 9am - 9:55am	Strength Train Together Aerobic Studio Sharon D 9:30am - 10:25am	Zumba® Aerobic Studio Chelsee A 9am - 9:55am	
10am							Zumba® Aerobic Studio Alyssa W 10:30am - 11:25am
12pm		Active Together Aerobic Studio Holly D 12:15pm - 1pm		Strength Train Together Aerobic Studio Jennifer G 12:15pm - 1pm			
4pm	Strength Train Together Aerobic Studio Nicole S 4:30pm - 5:25pm		Strength Train Together Aerobic Studio Lisa H 4:30pm - 5:25pm				
5pm		WERQ Aerobic Studio Corey G 5pm - 5:55pm	Active Together Aerobic Studio Holly D 5:30pm - 6:25pm				
6pm	WERQ .Tappan Gym Lisa H 6pm - 6:55pm		Zumba® Aerobic Studio Holly M 6:30pm - 7:25pm	Zumba® .Tappan Gym Chelsee A 6pm - 6:55pm			
				Strength Train Together Aerobic Studio Ioanna M 6:15pm - 7:10pm			

MIND BODY CLASSES - Mind Body Studio

	MON	TUE	WED	THU	FRI	SAT	SUN
6am		Balance & Flex Together Lisa H 6am - 6:55am					
7am					Yoga Flow Cortney W 7am - 7:55am		Sound Therapy Yoga Brian M 7:30am - 8:25am
9am				Barre Corey G 9am - 9:55am			Yoga Flow Debbie W 9am - 9:55am
10am		Foundations of Yoga Jess T 10am - 10:55am				Gentle Yoga Jennifer G 10am - 10:55am	Barre Debbie W 10am - 10:55am
12pm					Balance & Flex Together Sharon D 12:15pm - 1pm		
4pm				Kids Yoga (Ages 5-10) Jess T 4:30pm - 5:15pm			
5pm	Barre Corey G 5:30pm - 6:25pm			Kids Yoga (Ages 10-13) Jess T 5:15pm - 6pm			
6pm	Yoga Flow Diane P 6:30pm - 7:25pm	Yoga Flow Barbara S 6:30pm - 7:25pm					
7pm				Sound Therapy Yoga Brian M 7:30pm - 8:45pm			

WATER FITNESS CLASSES - Balfour Pool

	MON	TUE	WED	THU	FRI	SAT	SUN
8am	WATERinMOTION® Platinum Linda G 8:30am - 9:25am	WATERinMOTION® Platinum Cyndee G 8:30am - 9:25am	Y Water Fit Cortney W 8:30am - 9:25am	WATERinMOTION® Platinum Cyndee G 8:30am - 9:25am	Aqua Kickboxing Anna M 8:35am - 9:30am		
9am		Y Water Yoga Cortney W 9:30am - 10am					
10am		Water Joint Movement Sue T 10am - 10:55am		Water Joint Movement Sue T 10am - 10:55am			

H.I.I.T. & TRX & FITNESS ON DEMAND - Augat Gym & Carpenter Gym

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

KICKBOXING CLASSES - Kickboxing Studio

	MON	TUE	WED	THU	FRI	SAT	SUN
8am				Y Kickboxing Anna M 8am - 8:55am		Y Kickboxing Anna M 8am - 8:55am	Y Kickboxing David V 8am - 8:55am
9am	Y Kickboxing Anna M 9:30am - 10:25am			Y Kickboxing Anna M 9am - 9:55am		Y Kickboxing Anna M 9am - 9:55am	
12pm							Kickboxing Strike David V 12:30pm - 1:25pm
4pm							Mother & Daughter Kickboxing Chelley M 4pm - 4:55pm
5pm			Y Kickboxing for Teen Girls Chelley M 5pm - 5:55pm				
6pm	Y Kickboxing Anna M 6pm - 6:55pm	Y Kickboxing David V 6:30pm - 7:25pm	Y Kickboxing Chelley M 6pm - 6:55pm				
7pm	Y Kickboxing Anna M 7pm - 7:55pm	Y Kickboxing David V 7:30pm - 8:25pm					

CYCLE CLASSES - Cycle Studio

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



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.

Aqua Kickboxing - Experience a powerful union of martial arts training and water exercise. Jabs, crosses, hooks and uppercuts tone, shape and sculpt the upper body. A variety of kicks and jump roping drills burn fat, increase strength and reshape the body!

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.

Barre - Fusing the best of Pilates, yoga, aerobics, and elements of the strengthening exercises ballet dancers do, this class delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into amazing shape.

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 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.

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)

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.

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 attleboroymca.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.

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.

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.