



ATTLEBORO YMCA

GROUP EXERCISE SCHEDULE: JANUARY 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CYCLE Jeff 6:00 AM	STT* Janice 6:00 AM	CYCLE Chelley 6:00 AM	STT* Janice 6:00 AM	CYCLE Jeff 6:00 AM		
	KICKBOXING Chelley 6:00 AM		KICKBOXING Chelley 6:00 AM			
	CYCLE Chelley 7:00 AM		CYCLE Chelley 7:00 AM			
	BALANCE & FLEX Sharon 7:00 AM		BALANCE & FLEX Sharon 7:00 AM			
	Also on Zoom!		Also on Zoom!			
KEEPING FIT Cyndee 8:30 AM	WATER IN MOTION Cyndee 8:30 AM	ACTIVE TOGETHER Melanie 8:00 AM	WATER IN MOTION Cyndee 8:30 AM	HIIT** Nicole 8:30 AM	HIIT** Jenn 8:00 AM	CYCLE Chelley 7:30 AM
BALANCE & FLEX Sharon 7:00 AM	HIIT** Nicole 8:30 AM	KEEPING FIT Cyndee 8:30 AM	YOGA Cortney 9:30 AM	CHAIR YOGA Cortney 8:30 AM	Active Together Melanie 8:30 AM	POUND Alysha 8:00 AM
Also on Zoom!	Also on Zoom!					
HIIT** Nicole 9:30 AM	STRETCH Nicole 9:30 AM	WATER HIIT** Cortney 9:00 AM		WATER HIIT** Kelly 9:00 AM	YOGA Jenn 9:30 AM	Zumba Alyssa 9:00 AM
Also on Zoom!	Also on Zoom!					
	WATER IN MOTION Cyndee 9:45 AM	HIIT** Jenn 9:30 AM	WATER WALKING Cyndee 9:45 AM	STRETCH Nicole 9:30 AM	ZUMBA Chelsee 9:30 AM	STT* Katie 9:30 AM
		Also on Zoom!				Also on Zoom!
	WERQ Lisa H 10:30 AM	ACTIVE TOGETHER Holly 9:30 AM	BALANCE & FLEX Sharon 10:30 AM	STT* Sharon 9:30 AM		BALANCE & FLEX Melanie 10:15 AM
				Also on Zoom!		
				ACTIVE TOGETHER Holly 12:00 PM		
				Also on Zoom!		
YOGA Lindsay 5:00 PM	TAI CHI Coach Ed 4:30 PM	KICKBOXING Chelley 5:00 PM		YOGA Jenn 5:00 PM		
				Also on Zoom!		
CYCLE 30 Lisa V 5:00 PM	ZUMBA Chelsee 5:30 PM	HIIT** Meg B 5:30 PM				
HIIT** Meg B 5:30 PM	CYCLE 30 Holly 6:00 PM	WERQ Kathryn 6:00 PM		WERQ Corey 6:00 PM		
STT* Lisa V 6:00 PM	STT* Katie 6:00 PM	STT* Sharon 6:00 PM	STT* Lisa V 6:00 PM			
WATER HIIT** Kelly 6:00 PM		YOGA Diane 6:00 PM	HIIT** James 6:00 PM			
WERQ Corey 7:00 PM			WERQ Corey 7:00 PM			

COLOR KEY

Classes at the Downtown Branch

To reserve your spot in class, go to attleboroymca.org/indoorgroupex.

Outdoor Fitness at Pleasant Street

To reserve your spot in class, go to attleboroymca.org/outdoorfitness.

Zoom Classes

For your class link, go to attleboroymca.org/zoomfitness.

* Strength Train Together
 ** High Intensity Interval Training

For the latest schedules, please go to attleboroymca.org/schedules or download the Attleboro Y Mobile App from iTunes or Google Drive.