

# CLASS DESCRIPTIONS

**15/15/15:** Ready for a workout that hits everything? This class includes 15 minutes of cardio with HIIT exercises, a 15-minute strength circuit, and 15 minutes of core. Great for all fitness levels.

**Active Together:** Active Together gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour.

**Aqua Fitness:** This low to moderate intensity water exercise class is designed to stretch and strengthen your entire body through aerobic conditioning.

**Balance & Flex Together:** Redefine yourself with this class that incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Grow longer and stronger with this invigorating mind-body workout.

**Barre:** Barre is a unique blend of yoga, Pilates, and strength training all centered around traditional ballet barre drills. Gain grace, strength and posture while improving muscle tone and endurance.

**Bootcamp:** An interval training class that mixes body weight exercises with cardio and strength training. It's a new workout every week!

**Burn:** Full body workout taking you through both strength and cardio movements to keep you sweating and your muscles burning!

**Chair Yoga:** This safe, gentle yoga class aims to increase range of motion from the comfort of a chair. This is a great option for older adults or anyone who has challenges with mobility.

**Core:** This class is designed to build core muscle groups while improving posture through a variety of exercises that strengthen the abdomen and back muscles and increase flexibility.

**Cycle:** This high-energy cardio workout incorporates a mix of intervals, speed drills, jumps and hills on our stationary bikes. Benefit from a major calorie burn as upbeat music and our instructors take you on an all-terrain ride.

**Cycle 30:** This condensed stationary cycle class utilizes inspiring music and motivating coaching to drive you to burn calories, improve muscular endurance, and build cardio fitness.

**HIIT:** High Intensity Interval Training alternates short periods of challenging cardio and strength exercises with less intense recovery periods. Expect to use resistance training as well as your own body weight to work all major muscle groups and spike your heart rate.

**Kickboxing:** Improve endurance and agility in this sweat generating kickboxing workout. With punches, kicks and other cardio elements, this class will leave you feeling energized and empowered.

**MOSSA FIGHT:** MOSSA FIGHT offers a gripping hour that builds cardio fitness, total-body strength, and coordination by combining the hottest, adrenaline-fueled MMA movements from the boxing ring to the fighting cage with cutting-edge exercises from outside the octagon.

**POUND:** This rockout workout uses Ripstix, lightly weighted drumsticks, to turn drumming into a fun and effective workout. POUND combines cardio and strength training with yoga and Pilates movements.

**Power Cycle:** This is a fast-paced cycle class. Get on your bike and prepare to sweat with great music and energy for 30 minutes.

**Power Yoga:** This yoga practice employs a series of poses to focus on developing strength and muscular endurance.

**Step:** Get your heart pumping and improve your strength one step at a time! This cardio workout utilizes a raised step, music, and creative choreography to motivate and energize you throughout this high-energy workout.

**Strength Express:** New to strength training or looking for guidance on what to do next? This informal group class is a great way to learn the basics and to make progress.

**Strength & Stretch Yoga:** Come challenge yourself to increase strength and deeply stretch using long holds and movement. This class is appropriate for experienced practitioners who wish to delve more deeply into poses and beginners alike.

**Strength Train Together:** Strength Train Together maximizes your workout results with impactful strength training. You'll get stronger while improving movement when you combine traditional strength training with functional exercises using an adjustable barbell, weights, and bodyweight.

**Tai Chi:** Tai Chi is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed movements that develop a sense of balance and harmony between mind and body.

**WERQ:** WERQ is the wildly addictive cardio dance class based on the hottest pop and hip-hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat, while having a lot of fun.

**Wildcard Workout:** This bootcamp/HIIT inspired class will be a mystery every week! Will we be in the gym or up on the roof? A fun class for fitness enthusiasts of all ages.

**Yoga Flow:** Flow through various poses while maintaining an emphasis on breath and mindfulness. Gain strength, balance, and flexibility while visiting various poses that include standing, bending, twisting and lunging.

**Zumba:** This full body, dance fitness party will get your heart rate pumping to Latin and world music. Following easy-to-learn dance choreography, this cardio workout will leave you sweating and smiling.



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# GROUP EXERCISE SCHEDULE

**ATTLEBORO NORTON YMCA | DECEMBER 2022**

## Downtown Branch

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

## Facility Hours

MON-FRI | 5:00am-9:00pm  
SAT | 7:00am-5:00pm  
SUN | 7:00am-3:00PM

## Child Watch Hours

MON, WED, THU  
8:30-11:30am / 4:30-8pm  
TUE  
8:30-11:30am / 4:00-8pm  
FRI  
8:30-11:30am / 4:30-7pm  
SAT  
8:00-11:00am



## SWIM WITH SANTA

FRI, DEC 16 | DOWNTOWN BRANCH  
Family Swim: 5:00-6:00 PM  
Show & Refreshments to follow.  
Free to all. Pre-registration required.  
Space is limited. Call to reserve your spot: 508.222.7422.



TIME	MON	TUE	WED	THU	FRI	SAT	SUN	
5:00 AM				STRENGTH TRAIN TOGETHER Janice Tappan Gym 5:30-6:25 AM	<b>Attleboro Norton YMCA Group Exercise Schedule DECEMBER 2022</b>			
		STRENGTH TRAIN TOGETHER Janice Tappan Gym 5:30-6:25 AM						
6:00 AM		KICKBOXING   Chelley Kickboxing Studio 6:00-6:55 AM		KICKBOXING   Chelley Kickboxing Studio 6:00-6:55 AM				
7:00 AM						DEKA HIIT   Jamie Carpenter Gym 8:00-8:55 AM		
8:00 AM	KEEPING FIT   Cyndee Tappan Gym 8:00-8:55 AM	HIIT   Nicole Tappan Gym 8:00-8:55 AM	KEEPING FIT   Lisa H. Fuller Gym 8:00-8:55 AM	CORE   Nicole Tappan Gym 8:00-8:55 AM	CHAIR YOGA   Courtney Tappan Gym 8:00-8:55 AM	CYCLE   Holly Cycle Studio 8:00-8:55 AM	POUND   Alysha Tappan Gym 8:00-8:55 AM	
			ACTIVE TOGETHER   Melanie Tappan Gym 8:00-8:55 AM		BOOTCAMP   Cam Carpenter Gym 8:00-8:55 AM	ACTIVE TOGETHER   Melanie Tappan Gym 8:00-8:55 AM		
9:00 AM	HIIT   Nicole Carpenter Gym 9:00-9:55 AM	STEP   Lisa H. Tappan Gym 9:00-9:55 AM	BURN   Nicole Tappan Gym 9:00-9:55 AM	YOGA FLOW   Courtney Tappan Gym 9:00-9:55 AM	STRENGTH TRAIN TOG   Sharon Tappan Gym 9:00-9:55 AM	MOSSA FIGHT   Diane Tappan Gym 9:00-9:55 AM	GENTLE YOGA   Katelyn Mind Body Studio 8:00-8:55 AM	
	BALANCE & FLEX TOG   Sharon Tappan Gym 9:00-9:55 AM		BARRE   Corey Mind Body Studio 9:00-9:55 AM	HIIT   Jillian Carpenter Gym 9:00-9:55 AM			STRENGTH TRAIN TOG   Katie Tappan Gym 9:00-9:55 AM	
	MOSSA FIGHT   Jess Mind Body Studio 9:30-10:25 AM							
10:00 AM	ACTIVE TOGETHER   Holly Tappan Gym 10:00-10:55 AM	TAI CHI   Ed Sweet Community House 11:00-11:45 AM	WERQ   Corey Tappan Gym 10:00-10:55 AM	BALANCE & FLEX TOG   Sharon Tappan Gym 10:00-10:55 AM	ACTIVE TOGETHER   Holly Tappan Gym 10:00-10:55 AM	YOGA FLOW   Jenn Tappan Gym 10:00-10:55 AM	BALANCE & FLEX TOG   Melanie Tappan Gym 10:00-10:55 AM	
12:00 PM	15/15/15   Cam Carpenter Gym 12:15-1:00 PM		HIIT   Lisa H. Carpenter Gym 12:15-1:00 PM			<b>WATER FITNESS CLASSES</b> MON 8:30-9:25 AM 9:30-10:25 AM    AQUA FITNESS - Kate WATER HIIT - Kate TUE 8:30-9:25 AM    WATER IN MOTION - Cyndee WED 8:30-9:25 AM 9:30-10:25 AM    AQUA FITNESS - Cortney WATER HIIT - Cortney THU 8:30-9:25 AM    WATER IN MOTION - Cyndee FRI 9:30-10:25 AM    WATER HIIT - Cortney		
4:00 PM		MOSSA FIGHT   Diane Tappan Gym 4:00-4:55 PM						
		TAI CHI   Ed Sweet Community House 4:30-5:15 PM						
5:00 PM	STEP   Lisa H. Tappan Gym 5:00-5:55 PM	WERQ   Lisa H. Tappan Gym 5:00-5:55 PM	STRENGTH EXPRESS   Sharon Tappan Gym 5:15-6:00 PM	ZUMBA   Kimberly Tappan Gym 5:15-5:55 PM	BARRE   Corey Tappan Gym 5:00-5:55 PM			
	CYCLE 30   Lisa V. Cycle Studio 5:15-5:45 PM	CYCLE/HIIT COMBO   Holly Cycle Studio 5:30-6:25 PM	POWER CYCLE   Chelley Cycle Studio 5:15-6:00 PM					
6:00 PM	STRENGTH TRAIN TOG   Lisa V. Tappan Gym 6:00-6:55 PM	STRENGTH TRAIN TOG   Katie Tappan Gym 6:00-6:55 PM	BALANCE & FLEX TOG   Sharon Tappan Gym 6:00-6:55 PM	STRENGTH TRAIN TOG   Lisa V. Tappan Gym 6:00-6:55 PM	WERQ   Corey Tappan Gym 6:00-6:55 PM	<b>OUTDOOR FITNESS CLASSES (Pleasant Street Pavilion)</b> WED 6:00-6:55 PM    HIIT - Meg SUN 9:00-9:55 AM    ZUMBA - Alyssa		
	POWER YOGA   Katelyn Mind Body Studio 6:00-6:55 PM	STRENGTH & STRETCH YOGA Lindsay Mind Body Studio 6:00-6:55 PM	KICKBOXING   Chelley Kickboxing Studio 6:00-6:55 PM	POWER FLOW YOGA   Katelyn Mind Body Studio 6:00-6:55 PM		Access our online schedule at <a href="http://attleboroyymca.org/schedules">attleboroyymca.org/schedules</a> or download the Y's app:		
	HIIT   Lynne Carpenter 6:00-6:55 PM			MOSSA FIGHT   Jess Racquetball Court 6:30-7:25 PM				
7:00 PM	WERQ   Corey Tappan Gym 7:00-7:55 PM	POUND   Alysha Tappan Gym 7:00-7:55 PM	WERQ   Kathryn Tappan Gym 7:00-7:55 PM	WERQ   Corey Tappan Gym 7:00-7:55 PM				

