

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.

PILATES: Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance, and flexibility.

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 | MARCH 2023

Downtown Branch

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

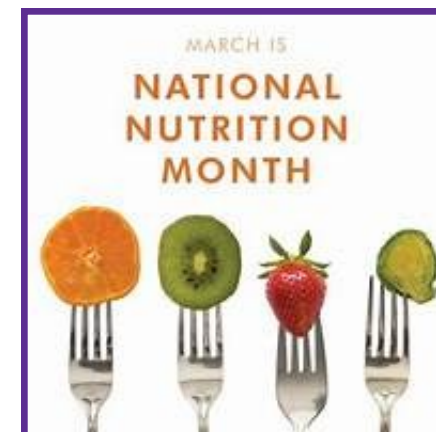
Facility Hours



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

**ACHIEVEMENTS.
RELATIONSHIPS.
BELONGING.
FIND YOUR WHY!**



TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:00 AM		STRENGTH TOGETHER Janice Tappan Gym 5:30-6:25 AM		STRENGTH TOGETHER Janice Tappan Gym 5:30-6:25 AM	Attleboro Norton YMCA Group Exercise Schedule MARCH 2023		
6:00 AM		KICKBOXING Chelley Kickboxing Studio 6:00-6:55 AM		KICKBOXING Chelley Kickboxing Studio 6:00-6:55 AM			
7:00 AM						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 Mind Body Studio 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	ZUMBA Alyssa Tappan Gym 8:00-8:55 PM
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 9:00-9:55 AM
	BALANCE & FLEX TOG Sharon Tappan Gym 9:00-9:55 AM	Pilates Beth Mind Body Studio 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 Racquetball 9:30-10:25 AM						
10:00 AM	ACTIVE TOGETHER Holly Tappan Gym 10:00-10:55 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
11:00 AM	PEDALING/PARKINSON's Cycle Studio 11:00-12:00 PM	DELAY THE DISEASE Tappan Gym 11:00-12:00 PM	DELAY THE DISEASE Tappan Gym 11:00-12:00 PM	DELAY THE DISEASE Carpenter Gym 11:00-12:00 PM	PEDALING/PARKINSON's Cycle Studio 11:00-12:00 PM	WATER FITNESS CLASSES	
		TAI CHI Ed Mind Body Studio 11:00-11:45 AM				MON	8:30-9:25 AM 9:30-10:25 AM AQUA FITNESS - Kate WATER HIIT - Kate
12:00 PM	15/15/15 Cam Carpenter Gym 12:15-1:00 PM		HIIT Lisa H. Carpenter Gym 12:15-1:00 PM			TUE	8:30-9:25 AM WATER IN MOTION - Cyndee
4:00 PM		MOSSA FIGHT Diane Tappan Gym 4:00-4:55 PM				WED	8:30-9:25 AM 9:30-10:25 AM AQUA FITNESS - Cortney WATER HIIT - Cortney
		TAI CHI Ed Mind Body Studio 4:30-5:15 PM				THU	8:30-9:25 AM WATER IN MOTION - Cyndee
						FRI	9:30-10:25 AM WATER HIIT - Cortney
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 5:00-5:55 PM	BARRE Corey Tappan Gym 5:00-5:55 PM	OUTDOOR FITNESS CLASSES (Pleasant Street Pavilion)	
	BARRE Beth Mind Body Studio 5:00-5:55 PM	CYCLE/HIIT COMBO Holly Cycle Studio 5:30-6:25 PM	POWER CYCLE Chelley Cycle Studio 5:15-6:00 PM	CYCLE HIIT Jenni Cycle Studio 5:30-6:25 PM		WED	6:00-6:55 PM HIIT - Meg
	CYCLE 30 Lisa V. Cycle Studio 5:15-5:45 PM					Access our online schedule at attleboroymca.org/schedules or download the Y's app:	
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	Apple	Google
	POWER YOGA Katelyn Mind Body Studio 6:00-6:55 PM	STRENGTH/STRETCH YOGA 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			
	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			