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 Strength training class designed to keep you sweating and get 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: 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.

Guns and Gears: Combined full body strength and cardio workout featuring 30 minutes of cycle followed by 30 minutes of strength and resistance training using light to moderate weights and bands.

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 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 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 Yoga employs a series of poses to focus on developing strength and muscular endurance.

Step/Group Blast®: 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 & 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 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® is the wildly addictive cardio dance class based on the hottest pop and hip-hop music featuring nonstop repetitive athletic moves and fresh dance steps.

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.

**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

**Group Exercise Schedule**

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

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

**ATTLEBORO NORTON YMCA | SEPTEMBER 2023**
<table>
<thead>
<tr>
<th>TIME</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
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</thead>
<tbody>
<tr>
<td>5:00 AM</td>
<td>STRENGTH TOGETHER</td>
<td>Janice Tappan Gym 5:30-6:25 AM</td>
<td>STRENGTH TOGETHER</td>
<td>Janice Tappan Gym 5:30-6:25 AM</td>
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<tr>
<td>6:00 AM</td>
<td>CYCLE</td>
<td>Nicole Cycle Studio 6:00-6:55 AM</td>
<td>KICKBOXING</td>
<td>Kate Kickboxing Studio 6:00-6:55 AM</td>
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<td>7:00 AM</td>
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<tr>
<td>8:00 AM</td>
<td>KEEPING FIT</td>
<td>Cyndee Tappan Gym 8:00-8:55 AM</td>
<td>KEEPING FIT</td>
<td>Lisa H. Fuller Gym 8:00-8:55 AM</td>
<td>CORE</td>
<td>Sharon Tappan Gym 8:00-8:55 AM</td>
<td>CHAIR YOGA</td>
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<td></td>
<td>ACTIVE TOGETHER</td>
<td>Melanie Tappan Gym 8:00-8:55 AM</td>
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<td>9:00 AM</td>
<td>HITT</td>
<td>Nicole Carpenter Gym 9:00-9:55 AM</td>
<td>STEP</td>
<td>Lisa H. Tappan Gym 9:00-9:55 AM</td>
<td>BURN</td>
<td>Nicole Tappan Gym 9:00-9:55 AM</td>
<td>YOGA FLOW</td>
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<td>BALANCE &amp; FLEX TOG</td>
<td>Sharon Tappan Gym 9:00-9:55 AM</td>
<td>Pilates</td>
<td>Beth Mind Body Studio 9:00-9:55 AM</td>
<td>BARRE</td>
<td>Corey Mind Body Studio 9:00-9:55 AM</td>
<td>HITT</td>
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<tr>
<td>10:00 AM</td>
<td>ACTIVE TOGETHER</td>
<td>Holly Tappan Gym 10:00-10:55 AM</td>
<td>WERQ</td>
<td>Corey Tappan Gym 10:00-10:55 AM</td>
<td>BALANCE &amp; FLEX TOG</td>
<td>Sharon Tappan Gym 10:00-10:55 AM</td>
<td>ACTIVE TOGETHER</td>
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<td>11:00 AM</td>
<td>PEDALING/PARKINSON's</td>
<td>Cycle Studio 11:00-12:00 PM</td>
<td>DELAY THE DISEASE</td>
<td>Tappan Gym 11:00-12:00 PM</td>
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<td>Tappan Gym 11:00-12:00 PM</td>
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<td>TAI CHI</td>
<td>Ed Mind Body Studio 11:00-11:45 AM</td>
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<td>12:00 PM</td>
<td>15/15/15</td>
<td>Nicole Carpenter Gym 12:15-1:00 PM</td>
<td>HITT</td>
<td>Lisa H. Carpenter Gym 12:15-1:00 PM</td>
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<td>4:00 PM</td>
<td>MOSSA FIGHT</td>
<td>Diane Tappan Gym 4:00-4:55 PM</td>
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<td>TAI CHI</td>
<td>Ed Mind Body Studio 4:00-4:55 PM</td>
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<tr>
<td>5:00 PM</td>
<td>STEP</td>
<td>Lisa H. Tappan Gym 5:00-5:55 PM</td>
<td>WERQ</td>
<td>Lisa H. Tappan Gym 5:00-5:55 PM</td>
<td>STRENGTH EXPRESS</td>
<td>Sharon Tappan Gym 5:15-6:00 PM</td>
<td>GROUP BLAST</td>
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<td></td>
<td>BARRE</td>
<td>Beth Mind Body Studio 5:00-5:55 PM</td>
<td>GUNS &amp; GEARs</td>
<td>Holly Cycle Studio 5:30-6:25 PM</td>
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<td></td>
<td>CYCLE EXPRESS</td>
<td>Lisa V. Cycle Studio 5:15-5:45 PM</td>
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<td>6:00 PM</td>
<td>STRENGTH TRAIN TOG</td>
<td>Lisa V. Tappan Gym 6:00-6:55 PM</td>
<td>STRENGTH TRAIN TOG</td>
<td>Katie Tappan Gym 6:00-6:55 PM</td>
<td>BALANCE &amp; FLEX TOG</td>
<td>Sharon Tappan Gym 6:00-6:55 PM</td>
<td>STRENGTH TRAIN TOG</td>
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<td>POWER YOGA</td>
<td>Kateyn Mind Body Studio 6:00-6:55 PM</td>
<td>STRENGTH/STRETCH YOGA-LINDSEY</td>
<td>Mind Body Studio 6:00-6:55 PM</td>
<td>KICKBOXING</td>
<td>Liam Kickboxing Studio 6:00-6:55 PM</td>
<td>POWER FLOW YOGA</td>
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<tr>
<td>7:00 PM</td>
<td>WERQ</td>
<td>Corey Tappan Gym 7:00-7:55 PM</td>
<td>POUND</td>
<td>Alysha Tappan Gym 7:00-7:55 PM</td>
<td>WERQ</td>
<td>Kathryn Tappan Gym 7:00-7:55 PM</td>
<td>WERQ</td>
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**Atteleboro Norton YMCA Group Exercise Schedule**

**WATER FITNESS CLASSES**
- MON: 8:30-9:25 AM AQUA FITNESS – Kate
- TUE: 8:30-9:25 AM WATER HIIT – Kate
- WED: 8:30-9:25 AM AQUA FITNESS – Cortney
- THU: 8:30-9:25 AM WATER HIIT – Cortney
- FRI: 9:30-10:25 AM WATER HIIT – Cortney

**OUTDOOR FITNESS CLASSES**
(Pleasant Street Pavilion)
- MON: 6:00-6:55 PM HIIT—Lynne
- WED: 6:00-6:55 PM HIIT—Meg

Access our online schedule at attleboroymca.org/schedules or download the YY's app: