

CLASS DESCRIPTIONS

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

BANDCAMP: Whole body workout that uses resistance bands to improve core and muscular strength. Great for all fitness levels.

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.

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/STRENGTH: 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.

GROUP ACTIVE: This class gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour.

GROUP CENTERGY: Redefine yourself with this class that incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core.

GROUP 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.

GROUP POWER: Maximize 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.

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.

PILATES concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being.

POUND: This rockout workout uses Ripstix, lightly weighted drumsticks, to turn drumming into a fun and effective workout.

POWER YOGA: Employs a series of poses to focus on developing strength and muscular endurance.

S.E.A.T. (Supported Exercise For Ageless Training)
An evidence-based, chair-assisted, functional fitness workout incorporating unique, pre-formatted choreography for a fun, socially engaging, total body low-impact workout.

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 AND STRETCH YOGA: Come challenge yourself to increase strength and deeply stretch using long holds and movement.

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

WERQ: Cardio dance class based on the hottest pop and hip-hop music featuring nonstop repetitive athletic moves and fresh dance steps.

YOGA FOR VETERANS: Provides a space for overall wellness by introducing tools to manage stress, improve flexibility and range of motion. Open to all members.

YOGA FLOW: Flow through various poses while maintaining an emphasis on breath and mindfulness. Gain strength, balance, and flexibility while



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

ATTLEBORO NORTON YMCA | January 2024



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

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:00 AM	HIIT Steve Tappan Gym 5:30-6:25 AM	GROUP POWER Janice Tappan Gym 5:30-6:25 AM		GROUP POWER Janice Tappan Gym 5:30-6:25 AM	<div>Attleboro Norton YMCA</div> <div>Group Exercise Schedule</div>		
6:00 AM		CYCLE Nicole Cycle Studio 6:00-6:55 AM		KICKBOXING Steve Kickboxing Studio 6:00-6:55 AM			
7:00 AM						HIIT Jillian Carpenter Gym 8:00-8:55 AM	
8:00 AM	KEEPING FIT Renee Tappan Gym 8:00-8:55 AM	BANDCAMP Nicole Tappan Gym 8:00-8:55 AM	S.E.A.T Lisa H. Fuller Gym 8:00-8:55 AM	BANDCAMP Sharon Tappan Gym 8:00-8:55 AM	CHAIR YOGA Cortney 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
			GROUP ACTIVE Melanie Tappan Gym 8:00-8:55 AM		BOOTCAMP Jamie Carpenter Gym 8:00-8:55 AM	GROUP ACTIVE Melanie Tappan Gym 8:00-8:55 AM	ZUMBA Alyssa Tappan Gym 8:00-8:55 PM
9:00 AM	HIIT Lisa H 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 Cortney Tappan Gym 9:00-9:55 AM	GROUP POWER Sharon Tappan Gym 9:00-9:55 AM	GROUP FIGHT Diane Tappan Gym 9:00-9:55 AM	GENTLE YOGA Katelyn Mind Body Studio 9:00-9:55 AM
	GROUP CENTERGY 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	PILATES Beth Mind Body Studio 9:00-9:55 AM			GROUP POWER Katie Tappan Gym 9:00-9:55 AM
				HIIT Jillian Carpenter Gym 9:00-9:55 AM			
10:00 AM	GROUP ACTIVE Holly Tappan Gym 10:00-10:55 AM	CHAIR YOGA Renee Tappan Gym 10:00-10:55 AM	WERQ Corey Tappan Gym 10:00-10:55 AM	GROUP CENTERGY Sharon Tappan Gym 10:00-10:55 AM	GROUP ACTIVE Melanie Tappan Gym 10:00-10:55 AM	YOGA FLOW Jenn Tappan Gym 10:00-10:55 AM	GROUP CENTERGY Melanie Tappan Gym 10:00-10:55 AM
			INTRO TO CYCLE Holly Cycle Studio 10:00-10:30AM				
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	<div>WATER FITNESS CLASSES</div> <div> <div>MON</div> <div>8:30-9:25 AM</div> <div>AQUA FITNESS – Kate</div> <div>9:30-10:25 AM</div> <div>WATER HIIT – Kate</div> </div> <div> <div>TUE</div> <div>8:30-9:25 AM</div> <div>WATER IN MOTION – Cyndee</div> </div> <div> <div>WED</div> <div>8:30-9:25 AM</div> <div>AQUA FITNESS – Cortney</div> <div>9:30-10:25 AM</div> <div>WATER HIIT – Cortney</div> </div> <div> <div>THU</div> <div>8:30-9:25 AM</div> <div>WATER IN MOTION – Cyndee</div> </div> <div> <div>FRI</div> <div>9:30-10:25 AM</div> <div>WATER HIIT – Cortney</div> </div>	
		TAI CHI Ed Mind Body Studio 11:00-11:45 AM					
12:00 PM	HIIT Jamie Carpenter Gym 12:15-1:00 PM		HIIT Lisa H. Carpenter Gym 12:15-1:00 PM		YOGA FOR VETERANS Karen Tappan Gym 12:00 PM-1:00PM		
4:00 PM		GROUP FIGHT Diane Tappan Gym 4:00-4:55 PM		ZUMBA Alyssa Tappan Gym 4:00-4:55 PM			
		TAI CHI Ed Mind Body Studio 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	GROUP POWER EXPRESS Sharon Tappan Gym 5:15-6:00 PM	GROUP BLAST Deb Tappan Gym 5:15-6:00PM			
		CYCLE & STRENGTH Holly Cycle Studio 5:30-6:25 PM					
	CYCLE EXPRESS Lisa V. Cycle Studio 5:15-5:45 PM			CYCLE EXPRESS Meg Cycle Studio 5:15-5:45 PM			
6:00 PM	GROUP POWER Lisa V. Tappan Gym 6:00-6:55 PM	GROUP POWER Katie Tappan Gym 6:00-6:55 PM	GROUP CENTERGY Sharon Tappan Gym 6:00-6:55 PM	GROUP POWER Lisa V. Tappan Gym 6:00-6:55 PM	WERQ Corey Tappan Gym 6:00-6:55 PM		
	POWER YOGA Katelyn Mind Body Studio 6:00-6:55 PM	STRENGTH/STRETCH YOGA- LINDSEY Mind Body Studio 6:00-6:55 PM	KICKBOXING Liam Kickboxing Studio 6:00-6:55 PM	POWER FLOW YOGA Jamie Mind Body Studio 6:00-6:55 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			

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