

drop-in fitness class schedule

for fitness plan members

Effective July 1, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><u>9:00-10:00 a.m.</u> Fusion Room 3 Mary</p> <p><u>12:15-1:00 p.m.</u> Power Yoga Room 2 Chris</p> <p><u>5:30-6:30 p.m.</u> Stir it Up Room 2 Anthony (Instructor speaks English and Spanish)</p> <p><u>6:30-7:30 p.m.</u> Zumba Room 2 Kelly</p>	<p><u>5:30-6:30 p.m.</u> Athletic Yoga Room 3 Mary C</p> <p><u>6:30-7:30 p.m.</u> Kettlebells Room 2 Jacki</p>	<p><u>9:00-10:00 a.m.</u> Total Body Tabata Room 2 Myriam (Instructor speaks English French, and Creole)</p> <p><u>12:15-1:00 p.m.</u> Power Yoga Room 2 Chris</p> <p><u>5:30-6:30 p.m.</u> Gentle Yoga Room 3 Fiona (Instructor speaks English and Spanish)</p> <p><u>5:30-6:30 p.m.</u> Action Packed Abs Room 2 Jacki</p>	<p><u>9:00-10:00 a.m.</u> Pilates-Yoga Infusion Room 2 Myriam (Instructor speaks English French, and Creole)</p> <p><u>5:30-6:30 p.m.</u> Flow Yoga Room 3 Mary C</p> <p><u>6:30-7:30 p.m.</u> PoundFit Room 2 Stephanie (Instructor speaks English and Spanish)</p>	<p><u>9:00-10:00 a.m.</u> Morning Mashup Room 2 Jess B.</p> <p><u>1:30-2:30 p.m.</u> All Levels Yoga Room 2 Ana (Instructor speaks English and Spanish)</p> <p><u>5:30-6:30 p.m.</u> PiYo Strength Room 2 Pati</p>	<p><u>9:40-10:40 a.m.</u> Alternating Weeks Weekend Warrior / FitClub Insanity Room 2 Anthony/Stephanie (Instructors speak English and Spanish)</p>

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See reverse side for class descriptions. Note: All classes on this schedule are open to individuals 16 years and older unless otherwise noted.

Fitness

Action Packed Abs: Reach new peaks and overcome plateaus in this fun, yet challenging cardio and core boot camp. You'll utilize your entire body for high intensity training for both muscular strength and endurance and you'll learn how to properly engage your core and teach your body how to work to its full potential.

Fitclub Insanity: Join this talented instructor as she shows you how to get a great workout using just your body. Experience new training heights, increase your metabolism and burn calories in this energetic group environment.

Fusion: This comprehensive work out combines step, stability ball, weights and interval training.

Kettlebell: An excellent, all-around workout focusing on kettlebell and body weight movements in a circuit training environment. Improve your strength, flexibility, and cardiovascular endurance. Kick your fitness up a notch with this highly effective method.

Morning Mashup: Keep your body guessing and stay on your toes! This class changes weekly between cycling, interval training, yoga, or a surprise mashup. You won't be disappointed!

Pilates-Yoga Infusion: A perfect blend of exercises that focus on strengthening, stretching and core conditioning. This class is designed to build strength and flexibility, increase balance, and improve endurance. The moves are a combination of power Pilates and Yoga set to vibrant music.

PiYo Strength: PiYo is a unique class designed to build strength, increase balance and flexibility, and improve cardiovascular endurance all at once. This boot camp style class uses yoga and Pilates moves to create an intense overall workout.

PoundFit®: Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, PoundFit transforms drumming into an incredibly effective way of working out.

Stir it Up: Get your heart rate pumping with a new total body workout each week. This class is perfect to get you sweating, keep you motivated, and challenge your body with a new set of exercises each week.

Total Body Tabata: Test your limits and reshape your exercise routine with this proven training method. Start out with Tabata stations then finish off with a strict balance and core challenge for a solid body.

Weekend Warrior: Start your weekend off right with this challenging and fun fitness class. We will focus on interval circuit training, moving from one exercise to the next with little to no break in between. The class will use body-weight movements, dumbbells, and cardio to bring out your weekend warrior.

Zumba: A workout that mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, calypso, and salsaton. The routines feature aerobic interval training with a combination of fast and slow rhythms.

Yoga

All Levels Yoga: This class was designed for both the beginner and experienced student, who prefer a class at a relaxed pace. In this class you will use postures and conscious breathing in combination with mental focus to develop awareness through proper alignment and mindfulness of the body.

Athletic Yoga: Develop yourself inside and out in this sweat-inducing class! Perfect for teaching the mind and body to work together. Improve your circulation, flexibility, and overall strength to the core!

Flow Yoga: This class combines postures and conscious breathing as you move from one pose into the next. There will be periods of variable flow to enhance your mind-body connection.

Gentle Yoga: Come relax and unwind as we sync breath with gentle movement. This class is open to all levels, languages, and people—no experience necessary. Take this time for yourself as we practice being present, sitting in stillness and breathing together.

Power Yoga: Think you're too tough for Yoga? Think you won't get a real workout? Well, we've got something for you...be prepared to sweat and conquer boundaries! Designed to build strength and sustain focus. Venture into yourself and get ready to see your body change. Not for beginners.