

GROUP FITNESS CLASS SCHEDULE

eliminating racism
empowering women
ywca
Central Massachusetts

Effective February 1, 2022

MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
9:00-10:00 AM	Fusion	Room 226	Mary
4:30-5:30 PM	Cardio Blast	Room 235	Pati
6:00-7:00 PM	Cardio Boxing	Room 235	Tiger

TUESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
4:30-5:30 PM	PiYo	Room 235	Pati

WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
9:00-10:00 AM	Dance Fit 4U	Room 226	Kristine
5:00-6:00 PM	Boot Camp	Gym	Rolando
6:00-7:00 PM	Cardio Boxing	Room 235	Tiger
6:00-7:00 PM	Tai Chi	Room 226	Ana

THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
5:30-7:00 PM	Afro Groove and Move	Room 226	Shania

FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-7:00 PM	Cardio Boxing	Room 235	Tiger

SATURDAY

TIME	CLASS	LOCATION	INSTRUCTOR
9:00-9:45 AM	Gold'n Latin by Dance Fit 4U	Room 226	Kristine

FITNESS CLASS DESCRIPTIONS

Afro Groove and Move: This class combines dance moves from contemporary African/Afrobeat, Hip-Hop, Caribbean, and Latin dance styles. Come to express yourself through motion and movements lead by an expert who uses visual and musical art in Afrobeat to create happiness and inspiration for all.

Barre Above: A fusion of yoga, Pilates, strength training, and ballet, Barre incorporates specific sequencing patterns and isometric movements that target specific muscle groups, helping to improve strength, balance, flexibility and posture.

CardioBlast: This class is an excellent way to improve your strength, flexibility and general fitness. Learn correct form and technique. We use steps and free weights and show innovative ways to getting fit. This class is appropriate for beginners and advanced exercisers alike.

Cardio Boxing: This class designed for the fundamentals of cardio endurance, strength and knowledge of boxing. Let's train, sweat and be in the best shape while learning some cool new moves with Tiger!

Dance Fit 4U: Prepare to party hearty to terrific music! No dance skills required, just be willing to have fun. Adaptable to varying levels of fitness.

Fusion: This class is an excellent way to improve your strength, flexibility and general fitness. Learn correct form and technique. We use steps and free weights and show innovative ways to getting fit. This class is appropriate for beginners and advanced exercisers alike.

Gold'n Latin by Dance Fit 4U: A low-impact workout that's still energetic. Boogie to the best of classic rock and lively Latin rhythms!

PiYo: 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.

PowerSpin: This spin class features a combination of cardio and strength training to help increase your cardiorespiratory fitness and target key muscles groups during this full body workout. This high energy class will help train your body to use energy more efficiently and have you burning more calories -not just after your workout, but days after.

Slow Flow Yoga: This class includes postures that cultivate increased strength and endurance as well as flexibility. The class includes standing and balancing poses, recruiting the core, some longer holds and linking poses together in a vinyasa flow. We will conclude with a seated series focused on alignment and relaxation.