

GROUP FITNESS CLASS SCHEDULE

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empowering women
ywca
Central Massachusetts

Effective March 6, 2023

MONDAY

CLASS	TIME	INSTRUCTOR	LOCATION
Stretch & Release	12:00 p.m.-12:30 p.m.	Karin	Room 226
Cardio Blast	4:30 p.m.-5:30 p.m.	Pati	Room 235
Cardio Boxing	6:00 p.m.-7:00 p.m.	Antoine	Room 235

TUESDAY

CLASS	TIME	INSTRUCTOR	LOCATION
Meditation	12:00 p.m.-12:45 p.m.	Margie	Room 226
PiYo	4:30 p.m.-5:30 p.m.	Pati	Room 235

WEDNESDAY

CLASS	TIME	INSTRUCTOR	LOCATION
Indoor Cycling	6:30 a.m.-7:15 a.m.	Sofia	*Must Register
Dance Fit 4U	5:15 p.m.-6:15 p.m.	Kris	Room 226
Cardio Boxing	6:00 p.m.-7:00 p.m.	Antoine	Room 235

THURSDAY

CLASS	TIME	INSTRUCTOR	LOCATION
Yoga	5:30 p.m.-6:15 p.m.	Tiffany	Room 226

FRIDAY

CLASS	TIME	INSTRUCTOR	LOCATION
Pumped Up Strength	7:00 a.m.-8:00 a.m.	Pati	Room 235
Cardio Boxing	6:00 p.m.-7:00 p.m.	Antoine	Room 235

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

For information about classes, call 508-767-2505 or visit the front desk

FITNESS CLASS DESCRIPTIONS

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.

Indoor Cycling: Challenge yourself with 45 minutes of high intensity cycling. This class is designed for everyone from beginners to the highly experienced. The instructor will guide you through workout phases, warm-up, steady spins, sprints, climbs, and cool downs. Just bring your towel and a water bottle!

Meditation: A combination of sound, meditation and natural law we will bring your mind, body and spirit into balance. Harnessing the power of the universe to break free from old patterns and conditionings while igniting the spark that lives inside of you.

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.

Pumped Up Strength: New approach to resistance training. Utilizing combination movement patterns in a targeted, rhythmic progression, its superpower is the dynamic integration of upper and lower body movements set to fun music.

Stretch and Release: A quick, 30-minute class blending support and freedom of movement for strength, endurance, balance, coordination, flexibility, power, and core stability. Designed to build muscle, increase flexibility, and improve body awareness.

Yoga: This class is designed for both beginner and experienced students, 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.