

GROUP FITNESS CLASS SCHEDULE

eliminating racism
empowering women
ywca
Central Massachusetts

Effective as of April 1, 2024

MONDAY

CLASS	TIME	INSTRUCTOR	LOCATION
*Sunrise Cycling	6:45 a.m.-7:14 a.m.	Sofia	Room 223
PiYo	10:00 a.m.-11:00 a.m.	Pati	Room 235
Cardio Boxing	6:00p.m.-7:00p.m.	Tyrone	Room 235

**Sunrise Cycling ends 4/22*

TUESDAY

CLASS	TIME	INSTRUCTOR	LOCATION
Meditation	12:00 p.m.-12:45 p.m.	Margie	Room 226
Pumped Up Strength	5:30 p.m.-6:30 p.m.	Pati	Room 235

WEDNESDAY

CLASS	TIME	INSTRUCTOR	LOCATION
Cardio Blast	10:00 a.m.- 11:00 a.m.	Pati	Room 235
Dance Fit 4U	5:15 p.m-6:15 p.m	Kris	Room 226
Cardio Boxing	6:00p.m.-7:00p.m.	Tyrone	Room 235

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

THURSDAY

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



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

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.

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.

Sunrise Cycling: Start you morning off right with a cycling class that is designed for all levels. Let your instructor guide through a calorie burning workout with heart pumping music. Strength your heart and body while enjoying a low impact workout where you control the intensity.

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.

Strong by Zumba: The revolutionary high-intensity workout is a full-body transformation, fueled by music. Burn more calories in a HIIT workout that combines cardio and muscle-conditioning moves. It is a challenge, a blast, and a surefire way to a better stronger you!