

GROUP FITNESS CLASS SCHEDULE

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empowering women
ywca
Central Massachusetts

Effective as of October 7, 2024

MONDAY

CLASS	TIME	INSTRUCTOR	LOCATION
Sit & Stretch Yoga	8:15 a.m.-8:45 a.m	Ariel	Room 226
PiYo	10:00 a.m.-11:00 a.m.	Pati	Room 235
Cardio Boxing	6:00p.m.-7:00p.m.	Tyrone	Room 235

TUESDAY

CLASS	TIME	INSTRUCTOR	LOCATION
Meditation	12:00 p.m.-12:45 p.m.	Margie	Room 226
Yoga	5:30 p.m.-6:15 p.m.	Ana	Room 226
Barre	5:30 p.m.-6:30 p.m.	Deborah	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

THURSDAY

CLASS	TIME	INSTRUCTOR	LOCATION
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.

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

FITNESS CLASS DESCRIPTIONS

Barre: A whole-body workout based on movements inspired by ballet, yoga and pilates. It engages muscles deep within your body and is beneficial for bone density, strength and balance. A high intensity and low impact program for all fitness levels.

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.

Sit & Stretch Yoga: Chair yoga is a gentle form of yoga that modifies traditional yoga poses so they can be done while seated. Suitable for people of all fitness levels, including seniors, those with mobility limitations. Chair yoga is a great option for beginners or anyone who wants to focus on a gentle practice.

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!

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.