

GROUP FITNESS CLASS SCHEDULE

eliminating racism
empowering women
ywca
Central Massachusetts

Effective as of February 3, 2025

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
Beginners Boxing	5:30 p.m.-6:00p.m.	Tyrone	Room 235
Cardio Boxing	6:00 p.m.-7:00p.m.	Tyrone	Room 235

TUESDAY

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

WEDNESDAY

CLASS	TIME	INSTRUCTOR	LOCATION
Cardio Blast	10:00 a.m.- 11:00 a.m.	Pati	Room 235
Beginners Boxing	5:30 p.m-6:00p.m.	Tyrone	Room 235
Cardio Boxing	6:00 p.m.-7:00p.m.	Tyrone	Room 235
Mixed-Fit	6:30 p.m.-7:30p.m.	Nikki	Room 226

THURSDAY

CLASS	TIME	INSTRUCTOR	LOCATION
Capeoira	5:30 p.m.-6:30 p.m.	Ruben	Room 235

FRIDAY

CLASS	TIME	INSTRUCTOR	LOCATION
Mixed-Fit	6:00 p.m.-7:00 p.m.	Nikki	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.

*Capeoira begins February 23rd



FITNESS CLASS DESCRIPTIONS

Beginners Boxing: Learn the basic fundamentals of boxing. Each step is broken down while you work with the instructor to build skills and endurance.

Capoeira: An Afro-Brazilian martial art that includes elements of dance, music and spirituality. A self-defense style that involves the rhythm of the music, and the call and response of the songs. Capoeira is a delightful sight, fun, relaxing, and empowering. No skills required and all fitness levels welcome.

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

MIXXEDFIT: A people-inspired fitness program which combines explosive dance moves with body weight toning.

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.

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.