

# GROUP FITNESS CLASS SCHEDULE

eliminating racism  
empowering women  
**ywca**  
Central Massachusetts

Effective as of September 8, 2025

## MONDAY

CLASS	TIME	INSTRUCTOR	LOCATION
Zumba	10:00am - 11:00am	Nikki	Room 226
Beginners Boxing	5:30 p.m.-6:00 p.m.	Tyrone	Room 235
Cardio Boxing	6:00 p.m.-7:00 p.m.	Tyrone	Room 235

## TUESDAY

CLASS	TIME	INSTRUCTOR	LOCATION
Yoga	5:30 p.m.-6:15 p.m.	Ana	Room 226
Deka	5:30 p.m.-6:30 p.m.	Nikkya	Room 235
Dance Fit4U	6:30 p.m.-7:30 p.m.	Kris	Room 226

## WEDNESDAY

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

## THURSDAY

CLASS	TIME	INSTRUCTOR	LOCATION
Flex & Flow	10:00 a.m.- 11:00 a.m.	Karin	Room 226
Capeoira	5:30 p.m.-6:30 p.m.	Ruben	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

**Beginner Boxing:** Get ready to rumble! Beginner Boxing class, designed for those new to the sport. This high-energy workout focuses on the fundamentals of boxing with a fun and engaging fitness experience. Come ready to sweat, learn, and have a blast!

**Cardio Boxing:** Round two! Get ready for a high-intensity, calorie burning workout with Cardio Boxing! This class combines the fundamentals of boxing with cardio conditioning to create a fun, challenging, and energizing experience. No prior boxing experience necessary! Designed for all fitness levels. Come ready to sweat, punch, and repeat your way to a stronger you!

**Capoeira:** Learn 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.

**Dance Fit4u:** Get ready to groove, sweat, and smile with our Dance Fit4u class! Let loose to terrific music that'll keep you moving and motivated. Join the party- where fitness meets fun! Just a willingness to have fun and move your body! This low-intensity workout is designed for all levels, no dance experience required.

**Deka:** Challenge yourself in this fitness class that combines strength training, functional movements, and cardio exercises. Various stations that allow participants to work on different aspects of fitness, such as strength, power, speed, and agility. The workout is often designed to be scalable, allowing participants of different fitness levels to participate and challenge themselves.

**Gentle Flow Yoga:** Indulge in the blissful practice of Yoga, where you'll surrender into relaxation, rejuvenate your body, and renew your spirit. Discover the transformative power of yoga in our expert-led classes. This ancient practice combines physical postures, breathing techniques, and meditation to cultivate balance, flexibility, and inner peace. Join us for a transformative yoga experience that will leave you feeling centered, grounded, and inspired.

**Flex & Flow:** Enjoy a holistic approach to improving the body's range of motion, flexibility, and stability. This 30-minute mobility training class includes a variety of exercises and techniques designed to enhance joint health, muscle function, balance and overall movement ability. Mobility training is designed for all fitness levels.

**Zumba:** A high-energy dance fitness class that combines Latin and international music with aerobic exercise. It's designed to bring people together to sweat it out while having fun. A fun and effective way to get fit, feel energized, and connect with others. So, put on your dancing shoes and join the party!