

# \*NEW - YWCA Group Exercise/Aquatic Schedule Effective 9/7/26

**REGISTRATION REQUIRED FOR ALL SPIN CLASSES AND CLASSES OFFERED  
IN THE WARM WATER POOL THROUGH [Community Pass](#)**

| Monday                                                                  | Tuesday                                                                                     | Wednesday                                           | Thursday                                                    | Friday                                                                                              | Saturday                                                  |
|-------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-----------------------------------------------------|-------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------|
| Sunrise Spin<br>6:15 AM<br>Tracey                                       | Strength Fusion<br>6:05 AM<br>Tracey                                                        | Sunrise Spin<br>6:15 AM<br>Tracey                   | Strength Fusion<br>6:05 AM<br>Tracey                        | Sunrise Spin<br>6:15 AM<br>Paul                                                                     | Group Strength<br>8:30 AM<br>*Dianne/Ilene<br><b>ZOOM</b> |
| Group Strength<br>8:00 AM<br>Dianne<br><b>ZOOM</b>                      | Fit for All:<br>Fitness Fusion<br>8:30 – 9:30 AM<br>Ilene<br><b>ZOOM</b>                    | Group Strength<br>8:00 AM<br>*Dianne<br><b>ZOOM</b> | Cardio HiiT<br>8:00 AM<br>Ilene/Dianne                      | Fit for All<br>Interval Training<br>8:30 AM<br>Ilene/Dianne<br><b>ZOOM</b>                          | Spin<br>8:30 AM<br>Rotation                               |
| Fit for All<br>Interval Training<br>9:00 AM Ilene<br><b>ZOOM</b>        | Yoga<br>9:35 AM<br>Meghan<br><b>ZOOM</b>                                                    | Barre Fusion<br>9:00 AM<br>Ilene<br><b>ZOOM</b>     | Fit for All<br>Fitness Fusion<br>9:00 AM Pam<br><b>ZOOM</b> |                                                                                                     | Yoga<br>9:30 AM<br>Jane/Kate/Ilene<br><b>ZOOM</b>         |
| Yoga<br>10:00 AM<br>Ilene<br><b>ZOOM</b>                                |                                                                                             | *Aquacise<br>Lap Pool<br>11:00 AM<br>Emily          | Yoga<br>10:05 AM<br>Pam<br><b>ZOOM</b>                      |                                                                                                     |                                                           |
| AFAP<br>Warm Water Pool<br>11:15 AM<br>Ilene                            | Encore &<br>Arthritis<br>Foundation<br>Exercise Program<br>11:30 AM<br>Ilene<br><b>ZOOM</b> | *AFAP<br>Warm Water Pool<br>11:30 AM<br>Ilene       | Aquacise<br>Lap Pool<br>11:00 AM<br>*Izumi                  | Gentle Exercise<br>Warm Water Pool<br>11:30 AM<br>Jane                                              |                                                           |
| Aquacise<br>Lap Pool<br>12:00 PM<br>Scott                               | Aquacise<br>Lap Pool<br>11:00 AM<br>Diane                                                   | Aquacise<br>Lap Pool<br>5:30 PM<br>Scott            |                                                             | Aqua Yoga<br>Warm Water Pool<br>12:15 PM<br>Jane                                                    |                                                           |
| Aqua Yoga<br>Warm Water Pool<br>1:00 PM<br>Jane                         | Express AFAP<br>& Encore<br>Warm Water Pool<br>12:30 PM<br>Ilene                            | Spin<br>5:30 PM<br>Liz                              |                                                             | Aquacise<br>Lap Pool<br>2:00 PM<br>Scott                                                            |                                                           |
| Pilates<br>5:30 PM<br>Tracey                                            | Yoga<br>6:00 PM<br>Kate                                                                     | Pilates<br>5:30 PM<br>Tracey                        | Strength Fusion<br>5:15 PM<br>Ilene/Beth                    |                                                                                                     |                                                           |
| Spin<br>5:30 PM<br>Pam                                                  |                                                                                             | Aqua Stretch<br>Warm Water Pool<br>6:15 PM Scott    |                                                             | <b>Facility Hours:</b><br>Monday–Friday: 6 am–7:45 pm<br>Saturday: 8 am – 1:00 pm<br>Sunday: closed |                                                           |
| All classes with Zoom link are<br>offered hybrid: Live – AND – via Zoom |                                                                                             |                                                     | *Rev 9/7/2026                                               |                                                                                                     |                                                           |

Registration required for all Spin classes and classes held in the Warm Water Pool through [Community Pass](#)  
No sign up required for Zoom classes. Membership required to attend Zoom classes  
Zoom waiting room will open 10 minutes in advance of designated class start time. Waiting room will close after designated  
class start time. Please check the YWCA scroll bar and your email for schedule updates, etc. ([www.ywcanewburyport.org](http://www.ywcanewburyport.org))  
\* Indicates new class and/or change to existing class.

Welcome to the YWCA Health and Wellness programs. All of our group exercise and aquatic classes include modifications for multi-level fitness populations to provide a challenging, safe and empowering exercise program for all participants. Please feel free to reach out to Ilene Harnch-Grady, Health and Wellness/Encore Director or Diane Sagaser, Aquatics/Membership Director with any questions.

## **Group Exercise classes:**

**Sign up required for all Spin classes through Community Pass.**

**All classes are appropriate for all Fitness Levels with modifications provided.**

**Arthritis Foundation Exercise Program (AFEP)/Encore Land Class:** AFEP is a nationally accredited program including gentle land exercises, cardiorespiratory endurance exercises, balance exercises, stretching, relaxation techniques and other optional class modalities and various equipment. Chair options provided. (This class is taught in conjunction with YWCA Encore Land class.)  
*Tuesday: 11:30 am Hybrid LIVE/ZOOM,.*

**Barre Fusion:** Barre is a full-body workout incorporating the basic principles of Barre with a strong focus on improving balance, joint stabilization, building strength and flexibility. Incorporates light weights and high reps and includes classic movements such as plies, squats and lunges with a strong focus on alignment and lengthening both at the Barre and on the mat.  
*Wednesday: 9:00 am Hybrid LIVE/ZOOM*

**Cardio HiiT:** Cardio HiiT combines cardiovascular exercise and plyometric moves with traditional strength training and a strong focus on strength, balance, core strength and mobility; class incorporates the use of various exercise equipment.  
*Thursday: 8:00 am – LIVE ONLY*

**FFA: Interval Training:** FFA Interval Training incorporates Interval segments focusing on cardiovascular, strength, flexibility, joint stabilization, core training and balance. *Monday 9:00 am, Friday, 8:30 – 9:30 am Hybrid LIVE/ZOOM*

**FFA: Fitness Fusion:** Class incorporates cardio, strength, balance and core segments.  
*Tuesday: 8:30 am, Thursday: 9:00 am Hybrid LIVE/ZOOM*

**Group Strength:** This is a traditional weight class using bars with weighted plates and hand weights. It includes individual tracks focusing on various muscle groups and incorporating compound exercises set to music to guide cadence. This class is appropriate for all fitness levels. Participants are encouraged to work at their own level. Participants can easily modify exercises done with bars and plates with hand weights. *Monday/Wednesday: 8:00 am, Saturday: 8:30 am Hybrid LIVE/ZOOM*

**Pilates:** Class incorporates the basic principles of Pilates. This is a full-body workout with a focus on lengthening muscles, deep core strength and stability to improve postural awareness, muscle balance and joint stabilization.  
*Monday/Wednesday: 5:30 pm, LIVE ONLY.*

**Spin:** Class incorporates the foundations of basic cycling movements and motivational coaching techniques. Spinning is a great cardiovascular workout on computerized Keiser bikes with options and modifications in and out of the saddle.  
*Monday/Wednesday: 5:30 pm, Saturday: 8:30 am. Sunrise AM Spin: Monday/Wednesday/Friday: 6:15 am*

**Strength Fusion:** This class combines traditional weight training, core strength, joint stabilization, balance and agility with various equipment. *Tuesday/Thursday: 6:05 am, Thursday: 5:15 pm (taught in combination with Arthritis Foundation Exercise Program AFEP/Encore program.) LIVE ONLY*

**Yoga:** Hatha Yoga is defined as movement that develops strength, flexibility, mind and body, relaxation and mental concentration. Classes are designed for all levels and provide a balanced combination of sustained poses with attention to safe movements, basic alignment and therapeutic principles. Modifications provided. *Monday: 10:00 am, Tuesday: 9:35 am, Thursday: 10:05 am, Saturday: 9:30 am Hybrid LIVE/ZOOM Tuesday, 6 pm LIVE ONLY*

**ZOOM PARTICIPANTS** - Please link onto the Zoom class via the links provided on our Group Exercise schedule on our website. Access opens up to 10 minutes prior to the designated start time. **Zoom admittance will be closed after designated class has started.** Equipment includes: Step, Bar, Weighted Plates, Hand-weights, Thera-bands, Pilates balls, small balls, Pilates Rings, Resistance-balls, Ankle-bands, Steps, Dowels, Mats and Exercise tubes. Zoom classes may be subject to cancellation due to substitute instructor and/or unanticipated technical issues. **You must be a wellness plan holder to attend Zoom classes.**

## **Aquatic Exercise Classes**

Sign up required for all classes held in the warm water pool through Community Pass:

- Registration for all Monday classes opens on Friday at 6 pm
- Registration for all Tuesday classes opens on Saturday at 6 pm
- Registration for all Wednesday classes opens on Sunday at 6 pm
- Registration for all Friday classes opens on Tuesday at 6 pm

All classes are suitable for all fitness levels with modifications provided.

\*All Aquatic classes are 45 minutes long.

## **Warm Water Pool classes – sign up required for all classes in the warm water pool**

**Arthritis Foundation Aquatic Program (AFAP)** is a nationally accredited program that uses a variety of water-based exercises to increase physical activity for adults with arthritis and auto-immune diseases to reduce fatigue, pain and stiffness utilizing various aquatic exercise equipment. **Warm Water Pool.** Monday, 1:00 pm, \*Wednesday: 11:30 am, Tuesday: 21:30 am (Express AFAP 30 minutes.) (Registration required – first come, first served. Monday/Wednesday: 14 person maximum. Tuesday: 10 person maximum.)

**Aqua Stretch** incorporates low impact exercise, targeted breath work and various stretching exercises focusing on spinal alignment (lumbar distraction) and neuro-muscular balance. **Warm Water Pool.** Wednesday: 6:15 pm. (Eight person maximum.)

**Aqua Yoga** incorporates low-impact aquatic exercise while executing yoga poses. With the release of gravity, the body is able to find the optimum stretch. **Warm Water Pool.** Monday: 11:15 am, Friday: 12:15 pm. (10 person maximum.)

**Gentle Exercise:** incorporates low impact cardiovascular exercise, strength training, flexibility and balance. Friday, 11:30 am. (14 person maximum.)

## **Warm Water class guidelines:**

\*Please limit attendance to two AFAP classes per week.

\*Please limit attendance to one warm water class per day.

## **Lap Pool classes – no sign up required**

**Aquacise** incorporates low impact cardiovascular exercise, plyometrics, strength training, core training, flexibility, and balance. **Lap Pool.** Monday: 12:00 pm, Tuesday/Thursday: 11:00 am, Wednesday: 11:00 am, 5:30 pm, Friday: 2:00 pm.

Please contact: Diane Sagaser, Membership/Aquatics Director at: [dsagaser@ywcanewburyport.org](mailto:dsagaser@ywcanewburyport.org)

Please check your email and our website for schedule updates.

Thank you for supporting the YWCA and choosing us for your health and wellness programs.

Health & Wellness Facility  
YWCA Greater Newburyport  
13 Market Street, Newburyport, MA. 01950  
(978) 465-9922

YWCA Childcare Center  
13 1/2 Pond Street, Newburyport, MA. 01950  
(978) 225-6210

Hours:

Monday – Friday: 6:00 am – 7:45 pm  
Saturday/\*Sunday: 8:00 am – 1:00 pm

[www.ywcanewburyport.org](http://www.ywcanewburyport.org)

**YWCA Greater Newburyport is dedicated to eliminating racism, empowering women and creating peace, justice, dignity and freedom for all.**