

*NEW - YWCA Group Exercise/Aquatic Schedule Effective 9/1/2025

**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 6:15 AM Tracey	Strength Fusion 6:05 AM Tracey	Sunrise Spin 6:15 AM Tracey	Strength Fusion 6:05 AM Tracey	Sunrise Spin 6:15 AM Paul	Group Strength 8:30 AM Dianne/Ilene ZOOM
Group Strength 8:00 AM Dianne ZOOM	Fit for All: Fitness Fusion 8:30 – 9:30 AM Ilene ZOOM	Group Strength 8:00 AM Dianne ZOOM	*Cardio HiIT 8:00 AM Ilene/Dianne	30/30/30 8:30 AM Ilene/Dianne ZOOM	Spin 8:30 AM Rotation
Fit for All Interval Training 9:00 AM Ilene ZOOM	Yoga 9:35 AM Ilene ZOOM	Barre Fusion 9:00 AM Ilene ZOOM	Fit for All Fitness Fusion 9:00 AM Pam ZOOM		Yoga 9:30 AM Jane/Kate/Ilene ZOOM
Yoga 10:00 AM Ilene ZOOM			Yoga 10:05 AM Pam ZOOM		
*AFAP Warm Water Pool 11:15 AM Ilene	Encore & Arthritis Foundation Exercise Program 11:30 AM Ilene ZOOM	*AFAP Warm Water Pool 11:15 AM Ilene	Aquacise Lap Pool 11:00 AM Diane	Gentle Aqua Warm Water Pool 11:30 AM Jane	
Aquacise Lap Pool 12:00 PM Scott	Aquacise Lap Pool 11:00 AM Diane	Aquacise Lap Pool 5:30 PM Scott		Aqua Yoga Warm Water Pool 12:15 PM Jane	
Aqua Yoga Warm Water Pool 1:00 PM Jane	*Express AFAP & Encore Warm Water Pool 12:30 PM Ilene	*Spin 5:30 PM Christa/Liz		Aquacise Lap Pool 2:00 PM Scott	
Pilates Plus 5:30 PM Tracey ZOOM		Pilates Plus 5:30 PM Tracey ZOOM	Express Yoga 5:30 PM Ilene ZOOM		
*Spin 5:30 PM Pam		Aqua Stretch Warm Water Pool 6:15 PM Scott		Facility Hours: Monday–Friday: 6 am–7:45 pm Saturday: 8 am – 1:00 pm Sunday: closed	
All classes with Zoom link are offered hybrid: Live – AND – via Zoom			Rev 9/1/2025		

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. Waiting room will close after designated class start times.

Please check the YWCA scroll bar and your email for schedule updates, etc. (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 Director or Diane Sagaser, Aquatics/Membership Director with any questions.

Group Exercise classes

Sign up required for all Spin classes through Community Pass.

30/30/30: Three 30-minute segments: 8:30 am: Cardiovascular, Low-Impact exercise; 9:00 am: Functional Strength Training utilizing various fitness equipment; 9:30 am: Pilates/Core exercises followed by 5-minute stretch. Feel free to attend any 30-minute segment to accommodate your schedule. Appropriate for all fitness levels with modifications provided. Zoom attendees will be admitted up to 5 minutes prior to the start of each 30-minute session. *Friday: 8:30 am – 10:00 am Hybrid LIVE/Zoom*

Barre Fusion: Class incorporates a full-body workout incorporating the basic principles of Barre and Pilates, improving balance, joint stabilization, building strength and flexibility and burning calories. Incorporates light weights and high reps and includes classic movements such as plies, squats and lunges. Focus on alignment and lengthening both at the Barre and on the mat. Modifications provided for all fitness levels. *Wednesday: 9:00 am Hybrid LIVE/Zoom*

Cardio HiIT: Tabata style/High Intensity Interval Training class combining cardiovascular exercise and plyometric moves with traditional strength training and a strong focus on strength, balance, core strength and flexibility. Class incorporates the use of various exercise equipment. *Thursday: 8:00 am – LIVE ONLY*

Arthritis Foundation Exercise Program (AFEP): AFEP is a nationally accredited program including gentle land exercises, cardiorespiratory endurance exercises, balance exercises, stretching, relaxation techniques and other optional class components. Class will include chair option and standing exercises. Various equipment will be used. (This class is taught in conjunction with the YWCA Encore Land class.) *Tuesday: 11:30 am Hybrid LIVE/Zoom*

Fit for All (FFA): Fit for All are multi-level classes intended for all fitness levels with modifications provided. *Hybrid LIVE/Zoom*

FFA: Interval Training 45 minutes: Class incorporates Interval segments focusing on cardiovascular, strength, flexibility, joint stabilization, core training and balance. *Monday 9:00 am Hybrid LIVE/Zoom*

FFA: Fitness Fusion 1 hour: Class incorporates cardio, strength, balance and core. *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 Plus: Class incorporates the basic principles of Pilates and Barre. 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. The class will incorporate the use of the ballet barre, bands, balls, and light free weights. *Monday/Wednesday: 5:30 pm - Hybrid LIVE/Zoom*

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 Spin: Monday/Wednesday/Friday: 6:15 am - LIVE ONLY*

Strength Fusion: This class combines traditional weight training, core strength, joint stabilization, balance and agility with various equipment. *Tuesday/Thursday: 6:05 am – 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, Express Yoga, Thursday: 5:30 pm - Hybrid LIVE/Zoom*

ZOOM PARTICIPANTS - Please link onto the Zoom class via the links provided on our Group Exercise schedule on our website. Access open up to 10 minutes prior to the designated start time. Zoom admittance will be closed after designated class has started. Equipment includes: Step, Bar and Weighted Plates, Hand-weights, Thera-bands, Pilates balls, small balls, Pilates Rings, Resist-a-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:

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

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/Wednesday: *11:15 am, Tuesday: 11:30 am: Express AFAP 30 minutes. (Registration required – first come, first served. Monday/Wednesday: 14 person maximum. Tuesday: 10 person maximum.) Sign up Required.*

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: 1:00 pm, Friday: 12:15 pm. 10 person maximum.*

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

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: 5:30 pm, Friday: 2:00 pm.*

Warm Water class guidelines:

- Please attend only two AFAP classes per week.
- Please attend only one warm water class per day.

Questions: Please contact: Diane Sagaser, Membership/Aquatics Director at: 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: 8:00 am – 1:00 pm
Sunday: Closed
www.ywcanewburyport.org