

YWCA GREATER NEWBURYPORT - Effective Feb 22, 2021 Indoor Group Exercise and Aquatics Classes

All Outdoor Classes will be cancelled due to inclement WITHOUT additional notice
Group Exercise Classes require advance registration through [Community Pass](#) Space is limited!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Strength 6:05-6:50 AM Upstairs Studio Tracey Max 6		Group Strength 6:05-6:50 AM Upstairs Studio Tracey Max 6	Sunrise Spin 6:15-7:00 AM Fitness Center Michele Max 6		
Group Strength 8:00-8:45 AM Upstairs Studio Dianne Max 6		Group Strength 8:00-8:45 AM Upstairs Studio Dianne Max 6			Group Strength 8:30-9:30 AM Upstairs Studio Dianne Max 6
Aquacise 11:00-11:45 AM Lap Pool Diane Max 6		Aquacise 11:00-11:45 AM Lap Pool Diane Max 6			

YWCA GREATER NEWBURYPORT - Effective Feb 22, 2021 Outdoor Group Exercise

	Cardio HiIT 9:00-9:45 AM Atkinson Common Michele Max 12		Cardio HiIT 9:00-9:45 AM Atkinson Common Michele Max 12		Spin Al Fresco 9:00-9:45 AM YWCA Rear Lot Rotation Max 9	
Spin Al Fresco 5:00-5:45 PM YWCA Rear Lot Paul Max 9	Spin Al Fresco 5:00-5:45 PM YWCA Rear Lot Michele Max 9		Spin Al Fresco 5:00-5:45 PM YWCA Rear Lot Paul Max 9		<table border="1" style="width: 100%;"> <tr> <td style="text-align: center;">Sunday</td> </tr> </table> Spin Al Fresco 10:30-11:15 AM YWCA Rear Lot Tracey Max 9	Sunday
Sunday						

Registration deadline for all Indoor / Outdoor morning classes is 8PM the prior evening

Registration deadline for all evening Outdoor classes is 3PM

Masks are REQUIRED at all times for all Indoor / Outdoor classes

Please use Titcomb street door for entrance and egress for all Indoor GER classes

Aquatics Classes count as the one pool appointment for the day - Masks are required

Please bring your own mats, pool equipment, weights, etc.

Atkinson Common: 388 High Street Newburyport, MA 01950
 YWCA Rear Lot, Lap Pool, Upstairs Studio and Fitness Center:
 13 Market Street Newburyport, MA 01950

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ZOOM Classes

Zoom Classes – links are included in this schedule, membership required
To participate, simply click the links below at scheduled time *

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Strength 6:05-6:50 AM Zoom Tracey ID: 812 8000 7582 No Password		Group Strength 6:05-6:50 AM Zoom Tracey ID: 815 6112 4900 No Password			
Group Strength 8:00-8:45 AM Zoom Dianne ID: 832 6964 5076 No Password		Group Strength 8:00-8:45 AM Zoom Dianne ID: 816 2299 2480 No Password		Fit for All 9:00-9:55 AM Zoom Ilene ID: 863 0067 6496 No Password	Group Strength 8:30-9:30 AM Zoom Dianne ID: 863 3595 4157 No Password
Fit for All 9:00-10:00 AM Zoom Ilene ID: 881 3963 0029 No Password	Yoga all Levels 10:00-11:00 AM Zoom Ilene ID: 864 5912 7714 No Password	Fit for All 9:00-10:00 AM Zoom Ilene ID: 820 4377 1158 No Password	Zumba Gold 10:00-10:45 AM Zoom Kerstin ID: 840 0148 8415 No Password	Barre/Pilates 10:05-10:50 AM Zoom Tracey ID: 813 0147 5344 No Password	Yoga all Levels 10:00-11:00 AM Zoom Ilene ID: 843 1245 6063 No Password
	Barre/Pilates * 5:00-5:45 PM Zoom Ilene ID: 832 4194 3728 No Password	Stay Fit 12:00-12:30 PM Zoom Diane Password: 462153	Group Strength * 5:00-5:45 PM Zoom Dianne ID: 879 9931 8991 No Password	Stay Fit 12:00-12:30 PM Zoom Diane Password: 681229	

ZOOM classes are designed for all fitness populations, with modifications and progressions provided

ZOOM participants: please join class promptly, we cannot admit after class has started

***Evening ZOOM classes require Community Pass registration**