

# YWCA Group Exercise/Aquatic Schedule 11/29/2021

**REGISTRATION REQUIRED FOR ALL "LIVE" CLASSES THROUGH [Community Pass](#)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Group Strength</b> 6:05-6:50 AM Tracey "LIVE"	<b>Sunrise Spin</b> 6:15-7:00 AM Tracey	<b>Group Strength</b> 6:05-6:50 AM Tracey - "LIVE"	<b>Sunrise Spin</b> 6:15-7:00 AM Michele		<b>Group Strength</b> 8:00-8:45 AM Dianne - "LIVE" <a href="#">ZOOM</a>
<b>Group Strength</b> 8:00-8:45 AM Dianne "LIVE" <a href="#">ZOOM</a>	<b>Cardio HiiT</b> 8:30-9:15 AM Michele "LIVE"	<b>Group Strength</b> 8:00-8:45 AM Dianne - "LIVE"	<b>Cardio HiiT</b> 8:30-9:15 AM Michele "LIVE"	<b>20/20/20</b> 8:00-8:50 am Dianne - "LIVE"	<b>Yoga-All Levels</b> 9:00-10:00 am Ilene - "LIVE" <a href="#">ZOOM</a>
<b>Fit for All Interval Training</b> 9:00-10:00 am Ilene "LIVE" <a href="#">ZOOM</a>	<b>Yoga-All Levels</b> 9:30-10:20 am Ilene "LIVE" <a href="#">ZOOM</a>	<b>"New" Fit for All: Strength/Barre</b> "LIVE" Ilene 9:00-10:30 am <a href="#">ZOOM</a>	<b>ZUMBA GOLD</b> 9:30 -10:15 am Ramona <a href="#">ZOOM ONLY</a> <a href="#">ZOOM</a>	<b>Fit for All - Cardio Blast</b> 9:00-10:00 am Ilene <a href="#">ZOOM ONLY</a> <a href="#">ZOOM</a>	<b>"New Time" Spin</b> 8:00-8:45 AM Rotation
<b>Arthritis Foundation Aquatic Program: (AFAP) Ilene</b> 12:15-1:00 pm Warm Water Pool	<b>Fit for All Low Impact/Strength/Balance</b> 10:30-11:30 am Ilene "LIVE"		<b>Fit for All Low Impact/Strength/Balance</b> 10:30-11:30 am Pam "LIVE"	<b>"New" Aquacise Lap Pool</b> 11:30 - 12:15 pm	<b>YWCA IS ON A MISSION</b>
<b>Aqua Yoga Warm Water Pool</b> 1:00 pm	<b>Aquacise Lap Pool</b> 11:00 am	<b>Arthritis Foundation Aquatic Program: (AFAP) Ilene</b> 12:15-1:00 pm Warm Water Pool	<b>Aquacise Lap Pool</b> 11:00 am	<b>Aqua Yoga Warm Water Pool</b> 12:15 - 1:00 pm	
<b>ZUMBA</b> 5:00-6:00 pm Tracey "LIVE" <a href="#">ZOOM</a>	<b>Barre Fusion</b> 5:00-5:45 pm Pam - "LIVE" <a href="#">ZOOM</a>	<b>ZUMBA</b> 5:00-6:00 pm Tracey - "LIVE" <a href="#">ZOOM</a>	<b>YWCA IS ON A MISSION</b>	<b>All classes with blue background indicate aquatic class</b>	
<b>Spin</b> 5:30-6:15 PM Paul	<b>Spin</b> 5:30-6:15 PM Michele	<b>LeBlast Splash Lap Pool</b> 5:30 - 6:15 pm	<b>Spin</b> 5:30-6:15 PM Paul	<b>Monday:</b> Open for Group Exercise and Aquatic classes only. Fitness Center & Pools closed. <b>Fitness Center:</b> Tuesday-Friday: 8 am - 7:45 pm <b>Tuesday - Friday:</b> 8 am - 7 pm <b>Saturday:</b> 8 am – 1 pm <b>Sunday:</b> CLOSED	
<b>Classes in red offered by ZOOM Only.</b>		<b>Aqua Stretch Warm Water Pool</b> 6:15-7:00 pm	<b>Revised</b> 11/29/2021		

## YWCA Group Exercise (GER) and Aquatic Class schedule important notes

All classes indicated as "LIVE" with Zoom Link are offered both LIVE and via ZOOM

Registration required for all "LIVE" classes up to 3 days in advance via [Community Pass](#)

Sign-up deadline for morning classes is 8:00 pm the evening prior to class via [Community Pass](#)

Sign-up deadline for evening classes is 3:00 pm - same day via [Community Pass](#)

Sign-up required for all **Aquatic classes** up to 1 hour prior to class start time via [Community Pass](#)

Masks are required AT ALL TIMES for non-vaccinated members and staff. Masks are strongly encouraged indoors for all participants. YWCA is open on Mondays for Group Exercise (enter via Titcomb Street door)

Aquatic classes only (enter via the warm water pool door) only. Pools and Fitness Center are closed.

Reminder: please check your email regarding last minute class cancellations and/or weather updates.



Welcome to the YWCA Health and Wellness programs. All of our group exercise and aquatic classes include modifications for multi-level fitness populations and fitness levels to provide a challenging, safe and empowering work out for all participants. Please feel free to reach out to Ilene or Diane with any questions.

### Group Exercise classes

Please contact: [Ilene Harnch-Grady, Health & Wellness Director](#)

**20/20/20** includes 20 minutes of traditional step aerobics (can be done as low impact on the floor), 20 minutes of strength/core and 20 minutes of stretch. *Friday: 8:00 am offered LIVE only.*

**Barre Fusion** is a hybrid workout incorporating the basic principles of Barre and Pilates. This class will help improve your balance, build strength, improve flexibility, and burn calories. Classes incorporate light weights and high reps and include classic moves such as plies, squats and lunges with a strong focus on alignment and lengthening both standing and on the mat. *Tuesday: 5:00 pm. Hybrid LIVE/ZOOM options offered. (Offered in combination with Fit for All: Strength/Barre class, Wednesday: 9:00 - 10:30 am.)*

**Cardio HiIT** combines cardiovascular, plyometric moves with traditional strength training. This class has a strong focus on strength, balance, core, flexibility and interval based cardiovascular training. *Tuesday/Thursday: 8:30 am offered LIVE only. Class is taught outdoors unless temperature is below 35 degrees, outdoor safety conditions and/or inclement weather.*

**Group Strength** is a full body workout focusing on each major muscle group in a safe, compound fashion including: warm up, squats, chest, back and hamstring/glutes, biceps, triceps, lunges, shoulder, core and cool down. Group Strength primarily includes weights (free weights or bar with weighted plates) any may also include bands, balls, etc. *Monday/Wednesday: 6:05 am & 8:00 am & Saturday: 8:00 am. Hybrid LIVE/ZOOM options offered Monday: 8:00 am and Saturday: 8:00 am*

**Fit for All** - Fit for All are multi-level classes intended for all fitness levels:

**Interval Training:** Interval segments focusing on cardiovascular, strength, flexibility, core and balance. *Monday: 9:00 am Hybrid LIVE/ZOOM options offered.*

**Low Impact, Strength & Balance & Cardio/Strength & Balance:** Incorporates 30 minutes of steady state low impact aerobics, strength training and exercises focuses on improving balance and flexibility. *Tuesday/Thursday: 10:30 am offered LIVE only.*

**Strength/Barre:** Incorporates 45 minutes of compound strength based moves targeting all major muscle groups with a strong focus on stability, functionality, balance and core strength followed by 45 minutes of **Barre Fusion**, a hybrid workout incorporating the basic principles of Barre and Pilates. This class will help improve your balance, build strength, improve flexibility, and burn calories. Classes incorporate light weights and high reps and include classic moves such as plies, squats and lunges with a strong focus on alignment and lengthening both standing and on the mat. *Wednesday, 9:00 - 10:30 am Hybrid LIVE/ZOOM options offered.*

**Cardio Blast:** Incorporates low impact aerobics followed by strength and balance. *Friday: 9:00 am offered via ZOOM ONLY.*

**Spin** includes the foundations of basic cycling movements and motivational coaching techniques. Great cardiovascular training on computerized, Keiser bikes with options in and out of the saddle. *Monday/Tuesday/Thursday: 5:30 pm, Saturday: 8:00 am. Sunrise Spin: Tues/Thurs: 6:15 am. Classes are taught outdoors unless temperature is below 35 degrees, outdoor safety conditions and/or inclement weather.*

**Yoga** Hatha Yoga is defined as movement that develops strength, flexibility, bodily relaxation, and mental concentration. Hatha classes are designed for mixed-level participants and provide a balanced combination of sustained poses with attention to basic alignment and therapeutic principles. *Tuesday: 9:30 am, Saturday: 9:00 am Hybrid LIVE/ZOOM options offered.*

**Zumba Gold** is a modified **Zumba** class for active older adults that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow **Zumba** choreography that focuses on balance, range of motion and coordination. *Thursday: 9:30 am offered via ZOOM ONLY.*

**Zumba** is an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. *Monday/Wednesday: 5:00 pm Hybrid LIVE/ZOOM options offered.*

### **Aquatic Exercise Classes**

**Please contact: [Diane Sagaser, Aquatics/Membership Director](#)**

**Arthritis Foundation Aquatic Program: (AFAP)** AFAP is a nationally accredited, CDC partnership 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. Warm Water Pool. *Monday & Wednesday: 12:15 pm.*

**Aqua Stretch:** Includes low-impact breathing and stretching exercises. Warm Water Pool. *Wednesday: 6:15 pm.*

**Aqua Yoga:** is a low-impact aquatic exercise, performing Yoga poses in warm water. 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.*

**Aquacise:** this program incorporates a low impact cardiovascular component, strength training, core training, flexibility and balance. Lap Pool. *Tuesday/Thursday: 11:00 am & Friday: 11:30 am*

**LeBlast Splash:** A Cardio-building, partner free, fun class designed to encourage students to learn dances set to contemporary music. Examples of the dances include Disco, Rumba, QuickStep, and The Twist. Lap Pool. *Wednesday: 5:30 pm.*

**THANK YOU FOR SUPPORTING THE YWCA AND CHOOSING US FOR YOUR  
HEALTH AND WELLNESS PROGRAMS.**

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