

YWCA Group Exercise/Aquatic Schedule Effective 6/27/2022

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength Fusion 6:05 AM Tracey	Sunrise Spin 6:15 AM Tracey	Strength Fusion 6:05 AM Tracey	Flex n Core 6:05 AM Tracey	Sunrise Spin 6:15 AM Tracey	Grp. Strength 8:00 AM Dianne ZOOM
Group Strength 8:00 AM Dianne ZOOM	Cardio HiiT 8:30 AM Ilene	Group Strength 8:00 AM Dianne ZOOM	Cardio HiiT 8:30 AM Wendy	Group Strength 8:00 AM Ilene ZOOM	Spin 8:00 AM Rotation
Fit for All Interval Training 9:00 AM Ilene ZOOM	Fit for All Low Impact 10:00 AM Paula	Barre Fusion 9:00 AM Ilene ZOOM	Fit for All Low Impact 10:00 AM Ilene	Fit for All Cardio Blast 9:00 AM Dianne ZOOM	Yoga All Levels 9:00 AM Ilene & Jane ZOOM
Arthritis Foundation Aquatic Program Warm Water Pool Ilene 12:15 PM	Yoga-All Levels 11:00 AM Pam ZOOM		Yoga-All Levels 11:00 AM Ilene ZOOM	YWCA IS ON A MISSION	
Aqua Yoga Warm Water Pool 1:00 PM	Aquacise Lap Pool 11:00 AM	Arthritis Foundation Aquatic Program Warm Water Pool Ilene	Aquacise Lap Pool 11:00 AM	Aqua Yoga Warm Water Pool 12:15 PM	All classes with ZOOM link are offered LIVE and via ZOOM
Aquacise Lap Pool 12:00 & 2:00 PM	Barre Fusion 5:00 PM Pam ZOOM	ZUMBA 5:15 PM Tracey ZOOM			
ZUMBA 5:15 PM Tracey ZOOM		Spin 5:30 PM Pam	Spin 5:30 PM Paul	All classes in blue indicate water class	
Spin 5:30 PM Paul		LeBlast Splash Lap Pool 5:30 PM		Facility Hours Effective - 6/20/2022 Monday: 6:00 am - 6:15 pm Tuesday - Friday: 6:00 am - 7:45 pm Saturday: 8 am – 12pm Sunday: CLOSED	
		Aqua Stretch Warm Water Pool 6:15 PM	Rev 6/27/2022		

YWCA Group Exercise & Aquatic Class schedule

Registration required for all live classes (water and group exercise) 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 deadline for all **Aquatic classes** are one hour prior to class start time via [Community Pass](#)
 Please check your email and our website for class cancellations, closures, etc.



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](#)

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 at the Barre and on the mat. *Tuesday: 5:00 pm, Wednesday, 9:00 am*
Hybrid LIVE/ZOOM

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 LIVE only.

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

Low Impact, Strength & Balance & Cardio/Strength & Balance: Incorporates 30 minutes of steady state low impact aerobics, strength training and exercises focus on improving balance and flexibility.
Tuesday/Thursday: 10:00 am LIVE only

Cardio Blast: combines 20 minutes of traditional step aerobics (can also be done on the floor), 20 minutes of low impact aerobics and 20 minutes of strength/core. *Friday, 9:00 am Hybrid LIVE/ZOOM*

Flex-n-Core fuses core strengthening exercises, balance challenges and full body stretching exercises to increase flexibility and joint mobility. *Thursday, 6:05 am LIVE only*

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) bands, balls, etc.
Monday/Wednesday/Friday/Saturday: 8 am: Hybrid LIVE/ZOOM

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/Wednesday/Thursday: 5:30 pm, Saturday: 8:00 am. Sunrise Spin: Tuesday/Friday: 6:15 am.

Yoga - all Levels Hatha Yoga is defined as movement that develops strength, flexibility, bodily relaxation, and mental concentration. Hatha classes are designed for mixed-level participants and provides a balanced combination of sustained poses with attention to basic alignment and therapeutic principles.
Tuesday/Thursday: 11:00 am, Saturday: 9:00 am Hybrid LIVE/ZOOM

Zumba is an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed to modern/Latin American dance music. *Monday/Wednesday: 5:15 pm Hybrid LIVE/ZOOM*

(Zumba Gold: Class designed with slower music and instruction will return mid October.)

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.** *Monday: 12:00 pm & 2:00 pm, Tuesday/Thursday: 11:00 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.*

Reminder:

Please check your email and our website for any schedule updates and/or class cancellations.

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**

www.ywcanewburyport.org