# YWCA Group Exercise/Aquatic Schedule 12/7 - 1/2/2022

**REGISTRATION REQUIRED FOR ALL “LIVE” CLASSES THROUGH Community Pass**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tr>
<td><strong>Group Strength</strong>&lt;br&gt;6:05-6:50 AM&lt;br&gt;Tracey</td>
<td><strong>Sunrise Spin</strong>&lt;br&gt;6:15-7:00 AM&lt;br&gt;Tracey</td>
<td><strong>Group Strength</strong>&lt;br&gt;6:05-6:50 AM&lt;br&gt;Tracey</td>
<td><strong>Sunrise Spin</strong>&lt;br&gt;6:15-7:00 AM&lt;br&gt;Michele</td>
<td>Grp. Strength&lt;br&gt;8:00-8:45 AM&lt;br&gt;Dianne&lt;br&gt;<strong>ZOOM</strong></td>
<td><strong>Group Strength</strong>&lt;br&gt;8:00-8:45 AM&lt;br&gt;Dianne&lt;br&gt;<strong>ZOOM</strong></td>
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<td><strong>Group Strength</strong>&lt;br&gt;8:00-8:45 AM&lt;br&gt;Dianne&lt;br&gt;<strong>ZOOM</strong></td>
<td><strong>Cardio HiiT</strong>&lt;br&gt;8:30-9:15 AM&lt;br&gt;Michele</td>
<td><strong>Group Strength</strong>&lt;br&gt;8:00-8:45 AM&lt;br&gt;Dianne</td>
<td><strong>Cardio HiiT</strong>&lt;br&gt;8:30-9:15 AM&lt;br&gt;Michele</td>
<td><strong>20/20/20</strong>&lt;br&gt;8:00-8:50 am&lt;br&gt;Dianne</td>
<td><strong>Yoga: All Levels</strong>&lt;br&gt;9:00-10:00 am&lt;br&gt;Ilene&lt;br&gt;<strong>ZOOM</strong></td>
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<td><strong>Fit for All Interval Training</strong>&lt;br&gt;9:00-10:00 am&lt;br&gt;Ilene&lt;br&gt;<strong>ZOOM</strong></td>
<td><strong>Yoga-All Levels</strong>&lt;br&gt;9:30-10:20 am&lt;br&gt;Ilene&lt;br&gt;<strong>ZOOM</strong></td>
<td><strong>Fit for All: Strength/Barre</strong>&lt;br&gt;9:00-10:30 am&lt;br&gt;Ilene&lt;br&gt;<strong>ZOOM</strong></td>
<td><strong>ZUMBA GOLD</strong>&lt;br&gt;9:30-10:15 am&lt;br&gt;Ramona&lt;br&gt;<strong>ZOOM ONLY</strong>&lt;br&gt;<strong>ZOOM</strong></td>
<td><strong>Fit for All: Cardio Blast</strong>&lt;br&gt;9:00-10:00 am&lt;br&gt;Ilene&lt;br&gt;<strong>ZOOM</strong></td>
<td><strong>Spin</strong>&lt;br&gt;8:00-8:45 AM&lt;br&gt;Rotation</td>
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<td><strong>Arthritis Foundation Aquatic Program:</strong>&lt;br&gt;(AFAP) Ilene&lt;br&gt;12:15-1:00 pm&lt;br&gt;Warm Water Pool</td>
<td><strong>Fit for All: Low Impact/Strength/Balance</strong>&lt;br&gt;10:30-11:30 am&lt;br&gt;Ilene</td>
<td><strong>Arthritis Foundation Aquatic Program:</strong>&lt;br&gt;(AFAP) Ilene&lt;br&gt;12:15-1:00 pm&lt;br&gt;Warm Water Pool</td>
<td><strong>Fit for All: Low Impact/Strength/Balance</strong>&lt;br&gt;10:30-11:30 am&lt;br&gt;Pam</td>
<td><strong>Aquacise Lap Pool</strong>&lt;br&gt;11:30 - 12:15 pm</td>
<td><strong>YWCA IS ON A MISSION</strong>&lt;br&gt;<strong>All classes with ZOOM link are offered via ZOOM and LIVE.</strong></td>
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<td><strong>Aqua Yoga</strong>&lt;br&gt;Warm Water Pool&lt;br&gt;1:00 pm</td>
<td><strong>Aquacise Lap Pool</strong>&lt;br&gt;11:00 am</td>
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<td><strong>Aqua Yoga</strong>&lt;br&gt;Warm Water Pool&lt;br&gt;12:15-1:00 pm</td>
<td><strong>YWCA Group Exercise &amp; Aquatic Class schedule</strong></td>
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<td><strong>ZUMBA</strong>&lt;br&gt;5:00-6:00 pm&lt;br&gt;Tracey&lt;br&gt;<strong>ZOOM</strong></td>
<td><strong>Barre Fusion</strong>&lt;br&gt;5:00-5:45 pm&lt;br&gt;Pam&lt;br&gt;<strong>ZOOM</strong></td>
<td><strong>ZUMBA</strong>&lt;br&gt;5:00-6:00 pm&lt;br&gt;Tracey&lt;br&gt;<strong>ZOOM</strong></td>
<td>All classes in red are offered by ZOOM only.</td>
<td><strong>Monday:</strong> Open for Group Exercise and Aquatic classes only. Fitness Center &amp; Pools closed. Fitness Center hours: Tues-Fri: 8 am - 7:45 pm&lt;br&gt;Facility hours: Tue-Fri: 8 am-7 pm&lt;br&gt;Saturday: 8 am – 1 pm&lt;br&gt;Sunday: CLOSED</td>
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<td><strong>Spin</strong>&lt;br&gt;5:30-6:15 PM&lt;br&gt;Paul</td>
<td><strong>Spin</strong>&lt;br&gt;5:30-6:15 PM&lt;br&gt;Michele</td>
<td><strong>LeBlast Splash Lap Pool</strong>&lt;br&gt;5:30 - 6:15 pm&lt;br&gt;Paul</td>
<td><strong>Spin</strong>&lt;br&gt;5:30-6:15 PM&lt;br&gt;Paul</td>
<td><strong>Aqua Stretch</strong>&lt;br&gt;Warm Water Pool&lt;br&gt;6:15-7:00 pm</td>
<td><strong>Rev 12/6/2021</strong></td>
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Registration required for all classes via Community Pass
All classes with ZOOM are offered LIVE and via ZOOM. (Please access the ZOOM Link on the schedule)
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.
YWCA is open on Mondays for Group Exercise classes (enter via Titcomb Street door) Aquatic classes (enter via the warm water pool door) only. Pools and Fitness Center are closed.

*YWCA is on a mission.*
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.

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 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.

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 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.

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

Per the CDC, masks are strongly suggested for all participants indoors - despite vaccination status - in all counties with high “red” concentration.

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

YWCA Greater Newburyport,
13 Market Street, Newburyport, MA. 01950
(978) 465-9922.
www.ywcanewburyport.org