

# YWCA Group Exercise/Aquatic Schedule Effective 3/20/2023

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Strength Fusion</b> 6:05 AM Tracey	<b>Sunrise Spin</b> 6:15 AM Tracey	<b>Strength Fusion</b> 6:05 AM Tracey		<b>Sunrise Spin</b> 6:15 AM Tracey	<b>Grp. Strength</b> 8:05 AM Dianne <b>ZOOM</b>
<b>Group Strength</b> 8:00 AM Dianne <b>ZOOM</b>	<b>Cardio HiIT</b> 8:00 AM Wendy	<b>Group Strength</b> 8:00 AM Dianne <b>ZOOM</b>	<b>Cardio HiIT</b> 8:00 AM Ilene	<b>Group Strength</b> 8:00 AM Ilene <b>ZOOM</b>	<b>Spin</b> 8:05 AM Paul/Jen/Pam
<b>Fit for All Interval Training</b> 9:00 AM Ilene <b>ZOOM</b>	<b>Fit for All Low Impact</b> 9:00 AM Ilene <b>ZOOM</b>	<b>Barre Fusion</b> 9:00 AM Ilene <b>ZOOM</b>	<b>Fit for All Low Impact</b> 9:00 AM Pam <b>ZOOM</b>	<b>Fit for All Interval Training</b> 9:00 AM Dianne <b>ZOOM</b>	<b>Yoga</b> 9:00 AM Ilene/Jane <b>ZOOM</b>
<b>Yoga</b> 10:00 AM Ilene <b>ZOOM</b>	<b>Yoga</b> 10:00 AM Ilene <b>ZOOM</b>		<b>Yoga</b> 10:00 AM Pam <b>ZOOM</b>		
<b>Aquacise Lap Pool</b> 12:00 PM Scott				<b>*Gentle Aqua Warm Water Pool</b> 11:30 AM Jane	
<b>Arthritis Foundation Aquatic Program Warm Water Pool</b> 12:15 PM Ilene	<b>Aquacise Lap Pool</b> 11:00 AM Diane	<b>Arthritis Foundation Aquatic Program Warm Water Pool</b> 12:15 PM Ilene	<b>Aquacise Lap Pool</b> 11:00 AM Diane	<b>Aqua Yoga Warm Water Pool</b> 12:15 PM Jane	<b>All classes with ZOOM link are offered Hybrid: LIVE and via ZOOM</b>
<b>Aqua Yoga Warm Water Pool</b> 1:00 PM Jane	<b>*Spin</b> 5:30 PM Pam	<b>Pilates Plus</b> 5:30 PM Tracey <b>ZOOM</b>			
<b>Pilates Plus</b> 5:30 PM Tracey <b>ZOOM</b>	<b>*Cardio HiIT</b> 5:30 PM Wendy <b>ZOOM</b>	<b>*Spin</b> 5:30 PM Michele	<b>Spin</b> 5:30 PM Paul	<b>All classes in blue indicate water class</b>	
<b>Spin</b> 5:30 PM Paul		<b>Aquacise Lap Pool</b> 5:30 PM Scott		<b>Facility Hours:</b>  Mon-Fri: 6:00 am-7:45 pm Saturday: 8:00 am – 12:00 pm Sunday: Closed	
		<b>Aqua Stretch Warm Water Pool</b> 6:15 PM Scott	Rev 3/20/2023		

Please register for all live water and group exercise classes via [Community Pass](#)

No sign up required for Zoom classes

Sign-up deadline for all water and land classes is one hour prior to designated start time

Please check the YWCA scroll bar and your email for class cancellations, closures, etc.

Please email [frontdesk@ywcaneburyport.org](mailto:frontdesk@ywcaneburyport.org) to cancel out of class

\* 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 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:

[igrady@ywcanewburyport.org](mailto:igrady@ywcanewburyport.org)

**All classes are suitable for all fitness levels with modifications provided**

**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. *Wednesday: 9:00 am Hybrid LIVE/ZOOM*

**Cardio HiiT** combines cardiovascular exercise and plyometric moves with traditional strength training. This class has a strong focus on strength, balance, core strength, flexibility and interval based cardiovascular training. *Tuesday/Thursday: 8:00 am – LIVE ONLY, \*Tuesday: 5:30 pm Hybrid LIVE/ZOOM*

**Fit for All** - Fit for All are multi-level classes intended for all fitness levels with modifications provided.

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

**Low Impact:** Incorporates 30 minutes of steady state low impact aerobics, strength training and exercises focus on improving balance and flexibility and core strength. *Tuesday/Thursday: 9:00 am - Hybrid LIVE/ZOOM*

**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 includes weights (free weights or bar with weighted plates) bands, balls, etc. *Monday/Wednesday/Friday: 8 am, Saturday: 8:05 am - Hybrid LIVE/ZOOM*

**Pilates Plus:** A full-body workout with a focus on deep core strength and stability to improve postural awareness, muscle balance and joint mobilization incorporating the basic principles of Pilates and Barre. The class will incorporate the use of the ballet barre, small equipment balls, bands, light free weights, and stretching. *Monday/Wednesday: 5:30 pm - 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/\*Tuesday/Wednesday/Thursday: 5:30 pm, Saturday: 8:05 am. Sunrise Spin: Tuesday/Friday: 6:15 am - LIVE ONLY*

**Strength Fusion** combines traditional weight training, core strength, balance and agility with various equipment. *Monday/Wednesday: 6:05 am – LIVE ONLY*

**Yoga - all Levels** Hatha Yoga is defined as movement that develops strength, flexibility, mind and body Relaxation and mental concentration. Classes are designed for multi-level participants and provides a balanced combination of sustained poses with attention to basic alignment and therapeutic principles. *Monday/Tuesday/Thursday: 10:00 am, Saturday: 9:00 am - Hybrid LIVE/ZOOM*

## Aquatic Exercise Classes

Please contact: Diane Sagaser, Aquatics/Membership Director

[dsagaser@ywcanewburyport.org](mailto:dsagaser@ywcanewburyport.org)

**All classes are suitable for all fitness levels with modifications provided**

**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 aquatic exercise equipment. **Warm Water Pool.** *Monday & Wednesday: 12:15 pm*

**Aqua Stretch** includes low impact exercise, targeted breath work and various stretching exercises focusing on spinal alignment and neuro-muscular balance. **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** program 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.*

**\*Gentle Aqua Movement:** A low impact cardio class to increase muscle strength, flexibility, balance and endurance. Includes strength training with barbells and noodles. *Friday: 11:30 am*

**Please check your email and our website for 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](http://www.ywcanewburyport.org)