### YWCA Group Exercise/Aquatic Class Schedule

**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>
</tr>
</thead>
<tbody>
<tr>
<td>Group Strength  6:05-6:50 AM Tracey</td>
<td>Sunrise Spin  6:15-7:00 AM Tracey</td>
<td>Group Strength  6:05-6:50 AM Tracey</td>
<td>Sunrise Spin  6:15-7:00 AM Michele</td>
<td>Grp. Strength  8:00-8:45 AM Dianne ZOOM</td>
<td></td>
</tr>
<tr>
<td>Group Strength  8:00-8:45 AM Dianne ZOOM</td>
<td>Cardio HiIT  8:30-9:15 AM Michele</td>
<td>“New” 20/20/20  8:00-8:45 AM Dianne</td>
<td>Cardio HiIT  8:30-9:15 AM Michele</td>
<td>“New” Group Strength  8:00-8:45 AM Dianne ZOOM</td>
<td></td>
</tr>
<tr>
<td>Fit for All Interval Training  9:00-10:00 am Ilene ZOOM</td>
<td>Yoga-All Levels  9:30-10:30 am Pam ZOOM</td>
<td>Fit for All: Strength/Barre  9:00-10:00 am Ilene ZOOM</td>
<td>“New Time” ZUMBA GOLD  8:30-9:15 am Ramona ZOOM ONLY ZOOM</td>
<td>“New” Fit for All: Step/Cardio Blast  9:00-10:00 am Ilene ZOOM</td>
<td></td>
</tr>
<tr>
<td><strong>Arthritis Foundation Aquatic Program: (AFAP)</strong> Ilene 12:15-1:00 pm Warm Water Pool</td>
<td>Fit for All Low Impact/Strength/Balance 10:35-11:35 am Paula</td>
<td><strong>Arthritis Foundation Aquatic Program: (AFAP)</strong> Ilene 12:15-1:00 pm Warm Water Pool</td>
<td>“New” Yoga-All Levels  9:30-10:30 am Ilene ZOOM</td>
<td>Aquacise Lap Pool  11:30 - 12:15 pm</td>
<td></td>
</tr>
<tr>
<td>Aqua Yoga Warm Water Pool  1:00 pm</td>
<td>Aquacise Lap Pool  11:00 am</td>
<td>Fit for All Low Impact/Strength/Balance 10:35-11:35 am Ilene</td>
<td>Aqua Yoga Warm Water Pool  12:15-1:00 pm</td>
<td>All classes with blue background indicate aquatic class</td>
<td></td>
</tr>
<tr>
<td>ZUMBA  5:00-6:00 pm Tracey ZOOM</td>
<td>Barre Fusion  5:00-5:45 pm Pam ZOOM</td>
<td>ZUMBA  5:00-6:00 pm Tracey ZOOM</td>
<td>Aquacise Lap Pool  11:00 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spin  5:30-6:15 PM Paul</td>
<td>Spin  5:30-6:15 PM Michele</td>
<td>LeBlast Splash Lap Pool  5:30 - 6:15 pm</td>
<td>Spin  5:30-6:15 PM Paul</td>
<td>Monday: Open for Group Exercise and Aquatic classes only. Fitness Center &amp; Pools closed. Fitness Center hours: Tues-Fri: 8 am - 7:45 pm</td>
<td></td>
</tr>
<tr>
<td><strong>All classes with ZOOM link are offered via ZOOM and LIVE. Classes in red offered via ZOOM only.</strong></td>
<td>Aqua Stretch Warm Water Pool  6:15-7:00 pm</td>
<td>Rev 12/6/2021</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### YWCA is On A Mission

- Registration required for all classes via Community Pass. (No registration required for ZOOM classes.)
- Classes in red offered via ZOOM ONLY. Classes will Blue ZOOM link offered Live/ZOOM.
- 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 all members and staff at all times while in the YWCA.
- 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.
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 approximately 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. **Wednesday: 8:00 am offered LIVE only.**

### 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. **Tuesday: 5:00 pm. Hybrid LIVE/ZOOM options offered.**

(Offered in combination with Fit for All: Strength/Barre class, **Wednesday: 9:00 - 10:00 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.**

### 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 - 10 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 a combination class incorporating a classic barre routine designed to help improve your balance, build strength, improve flexibility, and burn calories incorporating light weights and high reps with a strong focus on alignment and lengthening both standing and on the mat and compound strength based moves targeting all major muscle groups with a strong focus on stability, functionality, balance and core strength. **Wednesday, 9:00 am Hybrid LIVE/ZOOM options offered.**

### Step/Cardio Blast

- Incorporates step aerobics with low impact options aerobics followed by strength and balance. (Entire routine can be done without a step.) **Friday: 9:00 am. Hybrid LIVE/ZOOM options offered.**

### 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. **Offered Monday/Wednesday: 6:05 am Offered LIVE only. Monday, Friday & Saturday at 8:00 Hybrid LIVE/ZOOM options offered.**
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/Thursday: 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.**

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

Masks are required at ALL TIMES for all staff and members while in the YWCA.

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**