### YWCA Group Exercise/Aquatic Schedule 2/7/2022

**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>
</tr>
</thead>
<tbody>
<tr>
<td><em>Strength Fusion&lt;br&gt;6:05 AM Tracey</em></td>
<td>Sunrise Spin&lt;br&gt;6:15 AM Tracey</td>
<td><em>Strength Fusion&lt;br&gt;6:05 AM Tracey</em></td>
<td>Sunrise Spin&lt;br&gt;6:15 AM Michele</td>
<td><em>20/20/20&lt;br&gt;8:00 AM Dianne ZOOM</em></td>
<td></td>
</tr>
<tr>
<td><strong>Group Strength&lt;br&gt;8:00 AM Dianne ZOOM</strong></td>
<td><strong>Cardio HiiT&lt;br&gt;8:30 AM Michele</strong></td>
<td><strong>Group Strength&lt;br&gt;8:00 AM Dianne ZOOM</strong></td>
<td><strong>Cardio HiiT&lt;br&gt;8:30 AM Michele</strong></td>
<td><strong>Group Strength&lt;br&gt;8:00 AM Dianne ZOOM</strong></td>
<td><strong>Spin&lt;br&gt;8:00 AM Rotation</strong></td>
</tr>
<tr>
<td><strong>Fit for All Interval Training&lt;br&gt;9:00 AM Ilene ZOOM</strong></td>
<td><strong>Yoga-All Levels&lt;br&gt;9:30 AM Pam ZOOM</strong></td>
<td><strong>Fit for All: Barre/Pilates&lt;br&gt;9:00 AM Ilene ZOOM</strong></td>
<td><strong>ZUMBA GOLD&lt;br&gt;8:30 AM Ramona ZOOM ONLY ZOOM</strong></td>
<td><strong>Fit for All&lt;br&gt;9:00 AM Ilene ZOOM</strong></td>
<td><strong>Yoga: All Levels&lt;br&gt;9:00 AM Ilene ZOOM</strong></td>
</tr>
<tr>
<td><strong>Arthritis Foundation Aquatic Program: (AFAP) Ilene&lt;br&gt;12:15 pm Warm Water Pool</strong></td>
<td><strong>Fit for All Low Impact/Strength/Stretch&lt;br&gt;10:35 AM Paula</strong></td>
<td><strong>Arthritis Foundation Aquatic Program: (AFAP) Ilene&lt;br&gt;12:15 pm Warm Water Pool</strong></td>
<td><strong>Yoga-All Levels&lt;br&gt;9:30 AM Ilene ZOOM</strong></td>
<td><strong>Aqua Yoga Warm Water Pool&lt;br&gt;12:15 pm</strong></td>
<td><strong>YWCA IS ON A MISSION</strong></td>
</tr>
<tr>
<td><strong>Aqua Yoga Warm Water Pool&lt;br&gt;1:00 pm</strong></td>
<td><strong>Aquacise&lt;br&gt;Lap Pool&lt;br&gt;11:00 am</strong></td>
<td><strong>ZUMBA&lt;br&gt;5:00 PM Tracey ZOOM</strong></td>
<td><strong>ZUMBA&lt;br&gt;5:00 PM Tracey ZOOM</strong></td>
<td><strong>Aquacise&lt;br&gt;Lap Pool&lt;br&gt;11:00 am</strong></td>
<td><strong>YWCA Group Exercise &amp; Aquatic classes</strong></td>
</tr>
<tr>
<td><strong>ZUMBA&lt;br&gt;5:00 PM Tracey ZOOM</strong></td>
<td><strong>Barre Fusion&lt;br&gt;5:00 PM Pam ZOOM</strong></td>
<td><strong>ZUMBA&lt;br&gt;5:00 PM Tracey ZOOM</strong></td>
<td><strong>Facility hours:&lt;br&gt;Monday: open for group exercise and aquatic classes only. Fitness Center, pools and lobby closed&lt;br&gt;Tuesday-Friday: 6 am - 7:45 pm&lt;br&gt;Saturday: 8 am – 3 pm&lt;br&gt;Sunday: CLOSED</strong></td>
<td><strong>Spin&lt;br&gt;5:30 PM Michele</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Spin&lt;br&gt;5:30 PM Paul</strong></td>
<td><strong>Spin&lt;br&gt;5:30 PM Michele</strong></td>
<td><strong>LeBlast Splash&lt;br&gt;Lap Pool&lt;br&gt;5:30 pm</strong></td>
<td><strong>Spin&lt;br&gt;5:30 PM Paul</strong></td>
<td><strong>All classes with ZOOM link are offered Hybrid: ZOOM/LIVE&lt;br&gt;Classes in red offered ZOOM only</strong></td>
<td></td>
</tr>
<tr>
<td><strong>All classes in blue indicate aquatic classes</strong></td>
<td><strong>Aqua Stretch Warm Water Pool&lt;br&gt;6:15 pm</strong></td>
<td><strong>All classes in blue indicate aquatic classes</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

**Safety:** Masks are required at all times for all members and staff for all programs while in the YWCA. Registration required for all LIVE classes via Community Pass. (No registration required for ZOOM classes.) Deadline for morning classes is 8:00 pm the evening prior to class via Community Pass. Deadline for evening classes is 3:00 pm the same day via Community Pass. Deadline for aquatic classes is 1 hour prior to class start time via Community Pass. Monday: YWCA is open for group exercise & aquatic classes only (Group Exercise: enter via Titcomb Street door. Aquatic classes enter via water pool door.) *Indicates change
Welcome to the YWCA Health and Wellness programs. All of our group exercise and aquatic classes include modifications for multi-level fitness populations and 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. **Saturday: 8:00 am: Hybrid: LIVE/ZOOM.**

**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 & lengthening both standing and on the mat. **Tuesday: 5:00 pm and Wednesday: 9:00 am (Fit for All) 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/Tabata style class focusing on cardio bursts, strength, flexibility, core and balance. **Monday: 9:00 am Hybrid LIVE/ZOOM.**

- **Low Impact/Strength/Stretch**: Incorporates 30 minutes of steady state low impact aerobics, strength training and exercises focuses on improving balance, flexibility and core strength and stretch **Tuesday 10:35 am: LIVE only. Thursday: 10:35 am Hybrid LIVE/ZOOM.**

- **Barre/Pilates**: Combination class incorporating a classic barre/pilates routine designed to help improve your balance, build strength, improve flexibility, and burn calorie. Class includes light weights and high reps with a strong focus on alignment and lengthening both standing and on the mat with a strong focus on stability, functionality, balance and core strength. **Wednesday: 9:00 am Hybrid LIVE/ZOOM.**

- **Cardio Blast**: Incorporate a rhythmic warm up, 25 minutes of Step Aerobics (can be modified and done entirely on the floor) and 25 minutes of Low Impact aerobics and cool down. **Friday: 9:00 am. Hybrid LIVE/ZOOM.**

**Group Strength** is a full body workout incorporating a bar with plates and/or free weights with dedicated tracks focusing on each major muscle group including: warm up, squats, chest, back and hamstring/glutes, biceps, triceps, lunges, shoulder, core and cool down. **Monday, Wednesday and Friday: 8:00 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/Tuesday/Thursday: 5:30 pm, Saturday: 8:00 am. Sunrise Spin: Tues/Thurs: 6:15 am.**

**Strength Fusion** - Start your day with a total body conditioning class working all major muscle groups fusing traditional free weight strength exercises with balance, pilates, stretching and cardio elements. Incorporating the use of varied fitness equipment: balls, bands, rings, free weights and more. **Monday and Wednesday: 6:05 am  LIVE only.**

**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 and Thursday: 9:30 am, Saturday: 9:00 am Hybrid LIVE/ZOOM.**

**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: 8:30 am: 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 and Wednesday: 5:00 pm Hybrid LIVE/ZOOM**

---

**Aquatic Exercise Classes**

**Please contact:** [Diane Sagaser, Aquatics/Membership Director](mailto:diane.sagaser@ywcanewburyport.org)

**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 and 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 and 1:00 pm.**

**Aquacise:** this program incorporates a low impact cardiovascular component, strength training, core training, flexibility and balance. Lap Pool. **Tuesday and 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 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](http://www.ywcanewburyport.org)**