

# YWCA Group Exercise/Aquatic Schedule Effective 9/6/2022

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

YWCA Group Exercise & Aquatic Class schedule (\*indicates change in time/class format)  
 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. *Wednesday, 9:00 am, \*Tuesday, 5:30 pm.*

*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: 8:00 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:** Incorporates 30 minutes of steady state low impact aerobics, strength training and exercises focus on improving balance and flexibility. *Tuesday: 10:00, Thursday: 9:00 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.

*\*Wednesday, 8:00 am LIVE only. Monday/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.*

**Strength Fusion** combines traditional weight training, core, balance and agility with various equipment.

*Monday/Wednesday, 6:05 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, 9:00 am, Thursday, 10:00 am, Saturday: 9:00 am **Hybrid LIVE/ZOOM**

**Therapeutic Stretch:** A user friendly class formatted to stretch all muscle groups in a restorative way. Class moves from standing, to the ball, to the mat and back. Appropriate for all fitness levels. Great way to start the weekend. \*Friday, 10:00 am **LIVE only**

**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:** Zumba Gold is a modified Zumba class for active older adults that recreates the original moves you love at lower-intensity. The class is designed with simplistic cues and easy to follow Zumba choreography.

\*Wednesday, 10 am **Hybrid LIVE/Zoom**

## **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.ywcaneburyport.org](http://www.ywcaneburyport.org)**