

YWCA Group Exercise/Aquatic Schedule 9/7/2021

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Strength 6:05-6:50 AM Tracey " LIVE " ZOOM	Sunrise Spin 6:15-7:00 AM Tracey	Group Strength 6:05-6:50 AM Tracey - " LIVE " ZOOM	Sunrise Spin 6:15-7:00 AM Michele		Group Strength 8:00-8:45 AM Dianne - " LIVE " ZOOM
Group Strength 8:00-8:45 AM Dianne " LIVE " ZOOM	Reebok Walk Prog. 8:00 AM YWCA Rear Lot Dianne " LIVE "	Group Strength 8:00-8:45 AM Dianne - " LIVE " ZOOM	Cardio HiiT 8:30-9:15 AM Michele - " LIVE "	20/20/20 8:00-8:50 am Dianne - " LIVE " ZOOM	Yoga-All Levels 9:00-10:00 am Ilene - " LIVE " ZOOM
Fit for All Interval Training 9:00-10:00 am Ilene " LIVE " ZOOM	Cardio HiiT 8:30-9:15 AM Michele " LIVE "	New Fit for All-Strength/Balance/Barre Ilene ZOOM ONLY 9:00 -10:00 am ZOOM	ZUMBA GOLD 9:00 -9:45 am Kerstin ZOOM ONLY ZOOM	Fit for All - Cardio Blast 9:00-10:00 am Ilene ZOOM ONLY ZOOM	Spin 8:30-9:15 AM Rotation
NEW Arthritis Foundation Aquatic Program: (AFAP) 12:15-1:00 pm Ilene Warm Water Pool	Yoga-All Levels 9:30-10:20 am Ilene " LIVE " ZOOM	NEW: Arthritis Foundation Aquatic Program: (AFAP) 12:15-1:00 pm Ilene Warm Water Pool	Barre/Pilates 10:00-10:45 am Kerstin/Pam ZOOM ONLY ZOOM	New Aqua Yoga Warm Water Pool 12:15 - 1:00 pm Jean	
New Aqua Yoga Warm Water Pool 1:00 -2:00 pm Jean	Fit for All - Low Impact/Stretch 10:30-11:30 am Ilene " LIVE "	New ZUMBA 5:00-6:00 pm Tracey - " LIVE " ZOOM	Fit for All - Cardio/Strength 10:30-11:30 am Ilene - " LIVE "	Classes in red indicate classes offered by ZOOM ONLY.	
New ZUMBA 5:00-6:00 pm Tracey " LIVE " ZOOM	Aquacise Lap Pool 11:00 - 12:00 pm Addie		Aquacise Lap Pool 11:00 - 12:00 pm Addie	All classes with blue background indicate aquatic class	
Spin 5:30-6:15 PM YWCA Rear Lot Paul	Barre/Pilates 5:00-6:00 pm Pam - " LIVE " ZOOM	LeBlast Splash Lap Pool 5:30 - 6:15 pm Scott	Spin 5:30-6:15 PM Paul	YWCA IS ON A MISSION	
	Spin 5:30-6:15 PM Michele	Aqua Stretch Warm Water Pool 6:30-7:15 pm Scott	SCHEDULE EFFECTIVE 9/7/2021	Monday: GER/Aquatic classes only Tuesday - Friday: 6 am - 8 pm Saturday: 7am – 3 pm Sunday: CLOSED	

YWCA Group Exercise (GER) and Aquatic Class schedule important notes

GER classes: All classes indicated as "LIVE" with Zoom Link are offered both LIVE and via ZOOM

Registration required for all "LIVE" class attendance. (All Spin classes are "LIVE" classes)

Sign-up deadline for morning classes is 8:30 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. Masks are strongly encouraged indoors for all participants. Class schedule subject to change based on attendance.

YWCA is open on Mondays for Group Exercise/Aquatic classes only.

Group Exercise: enter via Titcomb Street/Aquatic classes: enter via Warm Water Pool door



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: 8:00-8:50 am. Offered LIVE and via ZOOM.*

Barre/Pilates is a hybrid workout class that will improve your balance, build strength, improve flexibility, burn calories, and improve stability through a stronger core. Classes incorporate light weights and high reps and include classic moves such as plies, squats, lunges with a strong focus on alignment and lengthening both standing and on the mat. *Tuesday: 5:00-5:45 pm - offered LIVE and via ZOOM.*

Thursday: 10:00-10:45 am - offered via ZOOM ONLY.

Cardio HiIT combines cardiovascular, plyometric moves with traditional strength training. This class has a strong focus on strength, balance, core, flexibility and cardiovascular training. *Tuesday/Thursday: 8:30-9:15 am. Offered LIVE.*

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: 6:00-6:50 am & 8:00-8:50 am & Saturday: 8:00-8:50 am. Offered LIVE and via ZOOM.*

Fit for All - Fit for All are multi-level classes intended for all fitness levels with a specific concentration each class:

Interval Training: Interval segments focusing on cardiovascular, strength, flexibility, core and balance. *Monday: 9:00-10:00 am. Offered LIVE and via ZOOM.*

Low Impact/Stretch: Incorporates 30 minutes of steady state, dance style low impact aerobics followed by 30 minutes of balance, core and stretch. *Tuesday: 10:30-11:30 am. Offered LIVE*

Strength/Balance/Barre:: Incorporates traditional strength moves with a strong focus on balance, barre training and core strength. *Wed: 9:00-10:00 am. Offered via ZOOM ONLY.*

Cardio/Strength: Incorporate 30 minutes of cardio following by strength utilizing a variety of fitness equipment (weights, bands, balls etc.) and stretch. *Thursday: 10:30-11:30 am. Offered LIVE*

Cardio Blast: Incorporates steady state low impact aerobics designed to elevate your heart rate and burn calories while minimizing the amount of stress or impact you put on your joints followed by strength and core training. *Friday: 9:00-10:00 am. Offered via ZOOM ONLY.*

Spin (Sunrise Spin: 6:05 am) includes the foundations of basic cycling movements and motivational coaching techniques. Great cardiovascular training on computerized, indoor Keiser bikes with options in and out of the saddle. *Sunrise: Tuesday & Thursday: 6:15-7:00 am, Spin: Monday/Wednesday/Thursday: 5:30-6:15 am, Saturday: 8:30-9:15 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 - 10:30 am, Saturday: 9:00-10:00 am. Offered LIVE and via ZOOM.*

YWCA Reebok Walking Program: A purposeful fitness walk that starts with attention to proper stance and gait. Join us for an all levels walking program incorporating various strength, balance and core exercises throughout your walk. Proper footwear required. *Tuesday: 8:00 am. Offered LIVE.*

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: 9:00-9:45 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: 5:00-6:00 pm. Offered LIVE and via ZOOM.*

Aquatic Exercise Classes

Please contact: [Diane Sagaser, Aquatics/Membership Manager](#)

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. (Max 12). Warm Water Pool. *Monday & Wednesday: 12:15 - 1:00 pm. Starting Wednesday 9/8/2021.*

Aqua Stretch: Includes low-impact breathing and stretching exercises. Warm Water Pool. *Wednesday, 6:30-7:15 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, 1:15 - 2:00 pm & Friday, 12:15 - 1:00 pm.*

Aquacise: this program incorporates a low impact cardiovascular component, strength training, core training, flexibility and balance. Lap Pool. *Tuesday/Thursday: 11:00 - 11:45 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 - 6:15 pm.*

THANK YOU FOR SUPPORTING THE YWCA AND CHOOSING US FOR YOUR HEALTH AND WELLNESS PROGRAMS.

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