

YWCA GREATER NEWBURYPORT - Effective May 3, 2021 Indoor Group Exercise Classes

All Outdoor Classes will be cancelled due to inclement WITHOUT additional notice
Group Exercise Classes require advance registration through [Community Pass](#) Space is limited!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Strength 6:05-6:50 AM Upstairs Studio Tracey Max 7		Group Strength 6:05-6:50 AM Upstairs Studio Tracey Max 7			
Group Strength 8:00-8:45 AM Upstairs Studio Dianne Max 7		Group Strength 8:00-8:45 AM Upstairs Studio Dianne Max 7			Group Strength 8:00-8:45 AM Upstairs Studio Dianne Max 7

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	Sunrise Spin 6:15-7:00 AM YWCA Rear Lot Tracey Max 9		Sunrise Spin 6:15-7:00 AM YWCA Rear Lot Michele Max 9		
	YWCA Reebok Walking Program 8:00-8:30AM YWCA Rear Lot Dianne Max 19				
	Cardio HiiT 8:30-9:15 AM Atkinson Common Michele Max 12		Cardio HiiT 8:30-9:15 AM Atkinson Common Michele Max 12		Spin Al Fresco 8:30-9:15 AM YWCA Rear Lot Rotation Max 9
Spin Al Fresco 5:30-6:15 PM YWCA Rear Lot Paul Max 9	Spin Al Fresco 5:30-6:15 PM YWCA Rear Lot Michele Max 9		Spin Al Fresco 5:30-6:15 PM YWCA Rear Lot Paul Max 9		

Registration deadline for all Indoor / Outdoor morning classes is 8PM the prior evening

Registration deadline for all evening Outdoor classes is 3PM

Masks are REQUIRED at all times for all Indoor / Outdoor classes

Please use Titcomb street door for entrance and egress for all Indoor GER classes

Please bring your own mats, pool equipment, weights, etc.

**Atkinson Common: 388 High Street - Newburyport, MA 01950
 YWCA Rear Lot and Upstairs Studio: 13 Market Street - Newburyport, MA 01950**

Revised: 05/03/2021

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ZOOM Classes

Zoom Classes – links are included in this schedule, membership required
 To participate, simply click the links below at scheduled time *

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Strength 6:05-6:50 AM Zoom Tracey ID: 812 8000 7582 No Password		Group Strength 6:05-6:50 AM Zoom Tracey ID: 815 6112 4900 No Password			
Group Strength 8:00-8:45 AM Zoom Dianne ID: 832 6964 5076 No Password		Group Strength 8:00-8:45 AM Zoom Dianne ID: 816 2299 2480 No Password	Zumba Gold 9:00-9:45 AM Zoom Kerstin ID: 840 0148 8415 No Password	Strength for All 9:00-9:55 AM Zoom Ilene ID: 863 0067 6496 No Password	Group Strength 8:00-8:45 AM Zoom Dianne ID: 863 3595 4157 No Password
Fit for All 9:00-10:00 AM Zoom Ilene ID: 881 3963 0029 No Password	Yoga all Levels 10:00-11:00 AM Zoom Ilene ID: 864 5912 7714 No Password	Fit for All 9:00-10:00 AM Zoom Ilene ID: 820 4377 1158 No Password	Barre/Pilates 10:00-10:45 AM Zoom Ilene ID: 813 0147 5344 No Password		Yoga all Levels 9:30-10:30 AM Zoom Ilene ID: 843 1245 6063 No Password
		Stay Fit 12:00-12:30 PM Zoom Diane Password: 462153		Stay Fit 12:00-12:30 PM Zoom Diane Password: 681229	

ZOOM classes are designed for all fitness populations, with modifications and progressions provided
*** please join class promptly, we cannot admit after class has started**