

YWCA GREATER NEWBURYPORT - Effective June 7, 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
Members and staff must continue to wear masks while in the Lobby
All unvaccinated members are asked to wear their masks at all times

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

Revised: 06/07/2021

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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: 886 6633 9279 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

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