

YWCA GREATER NEWBURYPORT – Effective July 8 – August 8, 2021 Indoor Group Exercise Classes

Group Exercise Classes require advance registration through [Community Pass](#)

*Indoor Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Group Strength 6:05-6:50 AM Tracey	Cardio HiiT 8:30-9:15 AM Michele	*Group Strength 6:05-6:50 AM Tracey	Cardio HiiT 8:30-9:15 AM Michele		*Group Strength 8:00-8:45 AM Upstairs Studio Dianne
*Group Strength 8:00-8:45 AM Dianne	*Barre/Pilates 5:00-5:45 PM Ilene	*Group Strength 8:00-8:45 AM Dianne		*20/20/20 8:00-8:50 AM Dianne	*Yoga all Levels 9:00-10:00 AM Upstairs Studio Ilene

Outdoor Classes*

	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				
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		Spin Al Fresco 8:30 - 9:15 AM YWCA Rear Lot Rotation Max 9

Registration deadline for all morning classes is 8PM the prior evening/evening classes 3 pm day of class..

Minimum of 2 participants required to run indoor class. Modifications provided for all fitness levels.

Unvaccinated members and staff are asked to wear masks in accordance with CDC guidelines.

***Denotes classes offered Live/Zoom.**

**** Outdoor spin classes are held indoors during inclement weather and/or excessive heat.**

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		*New 20/20/20 8:00-8:50 AM Zoom Dianne ID: 826 9739 2291 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	Fit for All – Low Impact/Strength 9:00-10:00 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 - Intervals 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 – Strength 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 9:00-10:00 AM Zoom Ilene ID: 843 1245 6063 No Password
	Barre/Pilates 5:00-5:45 PM Zoom Ilene ID: 826 8527 2418 No Password				