

YWCA Group Exercise/Aquatic Schedule Effective 4/1/2024

REGISTRATION REQUIRED FOR ALL SPIN CLASSES AND CLASSES OFFERED IN THE WARM WATER POOL THROUGH [Community Pass](#)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength Fusion 6:05 AM Tracey	Sunrise Spin 6:15 AM Tracey	Strength Fusion 6:05 AM Tracey	Sunrise Spin 6:15 AM Michele	Sunrise Spin 6:15 AM Tracey	Group Strength 8:30 AM Dianne ZOOM
Group Strength 8:00 AM Dianne ZOOM	Cardio HiiT 8:00 AM Michele	Group Strength 8:00 AM Dianne ZOOM	Cardio HiiT 8:00 AM Ilene	30/30/30 8:00 AM, 8:30 AM & 9:00 AM Ilene/Dianne ZOOM	Spin 8:30 AM Rotation
Fit for All Interval Training 9:00 AM Ilene ZOOM	Fit for All Low Impact 9:00 AM Ilene ZOOM	Barre Fusion 9:00 AM Ilene ZOOM	Fit for All Low Impact 9:00 AM Pam ZOOM		Yoga 9:30 AM Ilene/Jane ZOOM
Yoga 10:00 AM Ilene ZOOM	Yoga 10:00 AM Ilene ZOOM		Yoga 10:00 AM Pam ZOOM		
AFAP Warm Water Pool 11:15 AM Ilene			Aquacise Lap Pool 11 AM Diane	Gentle Aqua Warm Water Pool 11:30 AM Jane	
Aquacise Lap Pool 12:00 PM Scott	Aquacise Lap Pool 11:00 AM Diane	AFAP Warm Water Pool 12:15 PM Ilene	AFAP Warm Water Pool Session based 12:15 PM Ilene	Aqua Yoga Warm Water Pool 12:15 PM Jane	
Aqua Yoga Warm Water Pool 1:00 PM Jane	*AFEP 2:00 PM Ilene	Pilates Plus 5:30 PM Tracey ZOOM		Aquacise Lap Pool 2:00 PM Scott	
Pilates Plus 5:30 PM Tracey ZOOM		Aquacise Lap Pool 5:30 PM Scott		Aqua Stretch Warm Water Pool 5:05 pm Scott	
Spin 5:30 PM Paul		Aqua Stretch Warm Water Pool 6:15 PM Scott	Spin 5:30 PM Pam	Facility Hours: Monday–Friday: 6 am–7:45 pm Saturday: 8 am – 1:00 pm Sunday: closed	
All classes with Zoom link are offered hybrid: Live – AND – via Zoom			Rev 4/1/2024		

Registration required for all Spin classes and classes held in the Warm Water Pool through [Community Pass](#)
 No sign up required for Zoom classes Membership required to attend Zoom classes
 Please check the YWCA scroll bar and your email for class cancellations, closures, etc.
 Please email frontdeskywca@ywcanewburyport.org to cancel a class.
 * Indicates change

Welcome to the YWCA Health and Wellness programs. All of our group exercise and aquatic classes include modifications for multi-level fitness populations to provide a challenging, safe and empowering work out for all participants. Please feel free to reach out to Ilene or Diane. **Sign up required for Spin/Warm Water classes.**

Group Exercise classes

Please contact: Ilene Harnch-Grady, Health & Wellness Director - igrady@ywcaneburyport.org

All classes are suitable for all fitness levels with modifications provided

Barre Fusion: This class incorporates a full-body workout incorporating the basic principles of Barre and Pilates. This class will help improve balance, joint stabilization, build strength, improve flexibility and burn calories. Classes incorporate light weights and high reps and includes classic movements 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 Hybrid LIVE/ZOOM*

Cardio HiIT: This class combines cardiovascular exercise and plyometric moves with traditional strength training. This class has a strong focus on strength, balance, core strength, 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 with modifications provided. *Hybrid LIVE/ZOOM*

Interval Training 45 minutes: This class incorporates Interval segments focusing on cardiovascular, strength, flexibility, joint stabilization, core training and balance. *Monday 9:00 am*

Low Impact 45 minutes: These classes incorporate low impact aerobics, strength training and exercises focusing on balance, joint stabilization, flexibility and core strength. *Tuesday/Thursday: 9:00 am*

***30/30/30:** This class will incorporate 30 minute segments as follows: 8 -8:30 am: cardiovascular exercise, 8:30 – 9 am: functional strength training utilizing various fitness equipment and 9 -9:30 am: Core and Stretch. Feel free to attend any of the 30 minute class segments to accommodate your schedule. Appropriate for all fitness levels with modifications provided. Zoom attendees will be admitted up to 5 minutes prior to the start of each session.

Friday: 8:00 am -9:30 am Hybrid LIVE/ZOOM

Group Strength: This is a multi-faceted approach to strength training appropriate for all fitness levels.. Matching movement to music and using traditional strength training allows participants to work at their own level. Participants can use traditional bar bells or easily modify with hand held weights. Each tracks targets a specific muscle group including: Squats, Chest, Lunges, Biceps/Triceps, Shoulders, Core and Cool down. *Monday/Wednesday: 8 am, Saturday: 8:30 am Hybrid LIVE/ZOOM*

AFEP: Arthritis Foundation Exercise Program: AFEP is a nationally accredited program including gentle land exercises, cardiorespiratory endurance exercises, balance exercises, stretching, relaxation techniques and other optional class components. Class will include chair and standing exercises. Equipment includes thera-bands and 1 lb. Weights. *Tuesday, 2:00 pm. – LIVE ONLY Registration required for appropriate room set – up.*

Pilates Plus: This class is a full-body workout with a focus on deep core strength and stability to improve postural awareness, muscle balance and joint mobilization incorporating the basic principles of Pilates and Barre. The class will incorporate the use of the ballet barre, small equipment balls, bands, light free weights, and stretching. *Monday/Wednesday: 5:30 pm - Hybrid LIVE/ZOOM*

Spin: This class includes the foundations of basic cycling movements and motivational coaching techniques. Great cardiovascular training on computerized, Keiser bikes with options and modifications in and out of the saddle. *Monday/Thursday: 5:30 pm, Saturday: 8:30 am. Sunrise Spin: Tuesday/Thursday/Friday: 6:15 am - LIVE ONLY*

Strength Fusion: This class combines traditional weight training, core strength, joint stabilization, balance and agility with various equipment. *Monday/Wednesday: 6:05 am – LIVE ONLY*

Yoga: Hatha Yoga is defined as movement that develops strength, flexibility, mind and body, relaxation and mental concentration. Classes are designed for all levels and provide a balanced combination of sustained poses with attention to safe movements, basic alignment and therapeutic principles. Modifications provided. *Monday/Tuesday/Thursday: 10:00 am, Saturday: 9:30 am - Hybrid LIVE/ZOOM*

ZOOM PARTICIPANTS - Please link onto the Zoom class via the links provided on our Group Exercise schedule on our website: Zoom classes open up to 5 minutes prior to the designated start time; admittance will be closed after class has started. Equipment includes: weights, bands, pilates balls, ankle bands, dowels, mats and handled bands. Please note that we may encounter connection issues from time to time. **You must be a wellness plan holder to attend Zoom classes.**

Aquatic Exercise Classes

Please contact: Diane Sagaser, Aquatics/Membership Director dsagaser@ywcanewburyport.org

All classes are suitable for all fitness levels with modifications provided.

Arthritis Foundation Aquatic Program (AFAP) is a nationally accredited 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 utilizing various aquatic exercise equipment. **Warm Water Pool.** Monday 11:15 AM, Wednesday: 12:15 PM. (Thursday, 12:15 pm: This is a 4-5 week session based, paid program available to members and non-members.) Sign up required.) Please arrive promptly for class. Tardiness may result in slot being taken by member on wait list. Thank you. Sign up required.

Aqua Stretch incorporates low impact exercise, targeted breath work and various stretching exercises focusing on spinal alignment (lumbar distraction) and neuro-muscular balance. **Warm Water Pool.** Wednesday: 6:15 pm, Friday: 5:05 pm Sign up required.

Aqua Yoga incorporates low-impact aquatic exercise while executing yoga poses. 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 Sign up required.

Aquacise incorporates low impact cardiovascular exercise, plyometrics, strength training, core training, flexibility, and balance. **Lap Pool.** Monday: 12:00 pm, Tuesday/Thursday: 11:00 am, Wednesday: 5:30 pm, Friday, 2:00 pm.

Gentle Aqua Movement incorporates low impact cardiovascular movements to increase muscle strength, flexibility, balance and endurance with various aquatic exercise equipment. **Warm Water Pool.** Friday: 11:30 am Sign up required.

All Aquatic classes are 45 minutes long

Sign up required for all classes held in the Warm Water Pool

Sign up limited to one warm water class per day

Please check your email and our website for 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**

**Hours:
Monday – Friday: 6:00 am – 7:45 pm
Saturday: 8:00 am – 1:00 pm
Sunday: Closed**

www.ywcanewburyport.org