

YWCA Group Exercise/Aquatic Schedule Effective 1/6/25

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunrise Spin 6:15 AM Tracey	Strength Fusion 6:05 AM Tracey	Sunrise Spin 6:15 AM Tracey	Strength Fusion 6:05 AM Tracey	Sunrise Spin 6:15 AM Paul	Group Strength 8:30 AM Dianne ZOOM
Group Strength 8:00 AM Dianne ZOOM	Barre Fusion 8:00 AM Wendy/Ilene	Group Strength 8:00 AM Dianne ZOOM	Cardio HiIT 8:00 AM Ilene	30/30/30 8:30 AM Ilene/Dianne ZOOM	Spin 8:30 AM Rotation Jen/Paul/Pam
Fit for All Interval Training 9:00 AM Ilene ZOOM	Fit for All Low Impact 9 AM Ilene/Kerstin ZOOM	Barre Fusion 9:00 AM Ilene ZOOM	Fit for All Low Impact 9:00 AM Pam ZOOM		Yoga 9:30 AM Jane/Kate/Ilene ZOOM
Yoga 10:00 AM Ilene ZOOM	Yoga 10 AM Ilene/Kerstin ZOOM		Yoga 10:00 AM Pam ZOOM		
AFAP Warm Water Pool 11:15 AM Ilene	*AFEP (Arthritis Foundation Exercise Program) 11:30 am Ilene		Aquacise Lap Pool 11:00 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 11:20 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	*Express AFAP 12:15 pm Ilene	Aquacise Lap Pool 5:15 PM Scott		Aquacise Lap Pool 2:00 PM Scott	
Pilates Plus 5:30 PM Tracey ZOOM		Pilates Plus 5:30 PM Tracey ZOOM			
*Spin 5:30 PM Christa/Liz	Yoga 6:00 PM Kate ZOOM	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 1/6/2025		

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
Zoom waiting room will open 10 minutes in advance. Waiting room will close after designated class start times.
Please check the YWCA scroll bar and your email for schedule updates, etc.
* Indicates new class and/or change to existing class.

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 workout for all participants. Please feel free to reach out to Ilene or Diane with any questions.

Group Exercise classes

Sign up required for all Spin classes through Community Pass.

30/30/30: Class incorporates 30-minute segments: 8:30 am: cardiovascular, low-impact exercise, 9:00 am: functional strength training utilizing various fitness equipment and 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 30-minute session. *Friday: 8:30 am – 10:00 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. Various equipment will be used. (This class will be taught in conjunction with the YWCA Encore Land class.) *Tuesday: 11:30 am LIVE ONLY*

Barre Fusion: Class incorporates a full-body workout incorporating the basic principles of Barre and Pilates, improving balance, joint stabilization, building strength and flexibility and burning calories. Incorporates light weights and high reps and includes classic movements such as plies, squats and lunges focus on alignment and lengthening both at the Barre and on the mat. Modifications provided for all fitness levels. *Tuesday: 8:00 am LIVE ONLY & Wednesday: 9:00 am Hybrid LIVE/ZOOM*

Cardio HiIT: Interval style class combines cardiovascular exercise and plyometric moves with traditional strength training with a strong focus on strength, balance, core strength and flexibility. *Thursday: 8:00 am – LIVE ONLY*

Fit for All (FFA): Fit for All are multi-level classes intended for all fitness levels with modifications provided. *Hybrid LIVE/ZOOM*

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

FFA: Low Impact 45 minutes: Class incorporates low impact aerobics, strength training and exercises that focus on balance, joint stabilization, flexibility and core strength. *Tuesday/Thursday: 9:00 am*

Group Strength: Class incorporates targeted, strength training exercises 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 segment targets multiple muscle groups including: Squats, Chest, Lunges, Biceps/Triceps, Shoulders, Core and Cool down. *Monday/Wednesday: 8 am, Saturday: 8:30 am Hybrid LIVE/ZOOM*

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

Spin: Class incorporates the foundations of basic cycling movements and motivational coaching techniques. Spinning is a great cardiovascular workout 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: Monday/Wednesday/Friday: 6:15 am - LIVE ONLY*

Strength Fusion: This class combines traditional weight training, core strength, joint stabilization, balance and agility with various equipment. *Tuesday/Thursday: 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, Tuesday: 6:00 pm and Saturday: 9:30 am - Hybrid LIVE/ZOOM*

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

ZOOM PARTICIPANTS - Please link onto the Zoom class via the links provided on our Group Exercise schedule on our website. Zoom classes 10 minutes prior to the designated start time. Zoom admittance will be closed after designated class has started. Equipment includes: bar and plates, weights, thera-bands, pilates balls/rings, resist-a-balls, ankle bands, steps, dowels, mats and hand-dled resistance bands. **You must be a wellness plan holder to attend Zoom classes.**

Aquatic Exercise Classes

Sign up required for all classes held in the warm water pool through Community Pass

- Sign up for Monday classes opens at 6 pm on Friday
- Sign up for Tuesday classes opens at 6 pm on Saturday
- Sign up for Wednesday classes opens at 6 pm on Sunday
- Sign up for Friday classes opens at 6 pm on Tuesday

All classes are suitable for all fitness levels with modifications provided

***All Aquatic classes are 45 minutes long**

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/Wednesday: 11:20 am, *Tuesday: 11:30 am: Express AFAP 30 minutes. (Registration required – first come, first served. Monday/Wednesday: 14 person maximum. Tuesday: 10 person maximum.) (*Thursday: 12:15 pm: this is a session based, paid program available to members and non-members – 10 person maximum.)*
Sign up Required. Please only attend two AFAP classes per week. (This includes the Thursday session based class.)

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. Six person maximum. 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. 10 person maximum. 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: 5:15 pm, Friday: 2:00 pm.*

Gentle Aqua Exercise: incorporates low impact cardiovascular exercise, strength training, flexibility and balance. **Lap Pool.** *Friday, 11:30 am. 12 person maximum. Sign up required.*

Warm Water class guidelines:

Please attend only two AFAP classes per week (this includes the Thursday session- based class).

Please attend only one warm water class per day.

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

Please check your email and our website for schedule updates.

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