

YWCA Group Exercise/Aquatic Schedule Effective 9/5/2023

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 8:05 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	Group Strength 8:00 AM Ilene ZOOM	Spin 8:05 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	Fit for All Low Impact 9:00 AM Dianne ZOOM	Yoga 9:00 AM Ilene/Jane ZOOM
Yoga 10:00 AM Ilene ZOOM	Yoga 10:00 AM Ilene ZOOM		Yoga 10:00 AM Pam ZOOM		
Aquacise Lap Pool 12:00 PM Scott			Aquacise Lap Pool 11 AM Diane	Gentle Aqua Warm Water Pool 11:30 AM Jane	
AFAP Warm Water Pool 12:15 PM Ilene	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		Pilates Plus 5:30 PM Tracey ZOOM			
Pilates Plus 5:30 PM Tracey ZOOM		Aquacise Lap Pool 5:30 PM Scott		All classes in blue indicate water class	
*Spin 5:45 PM Paul	*Spin 5:45 PM Pam	Aqua Stretch Warm Water Pool 6:15 PM Scott	*Spin 5:45 PM Paul	Facility Hours: Mon-Fri: 6:00 am-7:45 pm Saturday: 8:00 am – 12:00 pm Sunday: Closed	
All classes with Zoom link are offered hybrid: Live – AND – via Zoom			Rev 9/5/2023		

Registration required for all Spin classes and classes held in the Warm Water Pool through [Community Pass](#)

No sign up required for Zoom classes

Please check the YWCA scroll bar and your email for class cancellations, closures, etc.

Please email frontdeskywca@ywcaneburyport.org to cancel a class.

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

Group Exercise classes

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

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

Barre Fusion: 45 minutes class: 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 45 minute class: 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.

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

Low Impact 55 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 and Friday: 9:00 am (45 minutes): - Hybrid LIVE/ZOOM*

Group Strength 45 minutes: Build your strength and bone density with multi-level resistance and strength training exercises. The class will incorporate traditional exercises and compound exercises using a variety of equipment including weighted bars dumbbells, bands, balls etc. to challenge you. *Monday/Wednesday/Friday: 8 am, Saturday: 8:05 am – Hybrid LIVE/ZOOM*

Pilates Plus 45 minutes: 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 45 minutes: 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/Tuesday/Thursday: 5:45 pm, Saturday: 8:05 am. Sunrise Spin: *Tuesday/Friday: 6:15 am - LIVE ONLY*
Sign up required for all spin classes.

Strength Fusion 45 minutes: This class combines traditional weight training, core strength, joint stabilization, balance and agility with various equipment. *Monday/Wednesday: 6:05 am – LIVE ONLY*

Yoga 60 minutes: 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: 9:00 am - Hybrid LIVE/ZOOM*

ZOOM participants

Please link onto the Zoom class via the links provided on our Group Exercise schedule on our website: Please note that we may encounter connection issues from time to time that are outside of our control. We appreciate your patience and understanding that these issues are often unpredictable and we are doing our best to solve them in a timely fashion.

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 & Wednesday: 12:15 pm. (Thursday, 12:15 pm: This is a session based, paid program available to members and non-members.) Sign up required.*

Aqua Stretch incorporates low impact exercise, targeted breath work and various stretching exercises focusing on spinal alignment and neuro-muscular balance. **Warm Water Pool.** *Wednesday: 6:15 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.*

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

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 – 12:00 pm
Sunday: Closed

www.ywcanewburyport.org