

# YWCA Health & Wellness Schedule

## Interim Group Exercise & Aquatics Eff 1/7/19 - 1/31/19

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**ywca**  
greater newburyport

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
<ul style="list-style-type: none"> <li>■ Spin 6:00 am Tracey/Michele</li> <li>● ■ Barre 8:30 am Pam</li> <li>● ■ Spin 9:15 am Paul</li> <li>● ■ Gr Strength 9:15am Dianne</li> <li>● ■ Barre Fusion 10:15 Ilene</li> <li>■ Aquacise 💧 11:00 am Joe</li> <li>● Yoga 11:00 am Ilene</li> <li>● Aqua Fit/Yoga 💧 11:00 am Diane</li> </ul>	<ul style="list-style-type: none"> <li>■ ◆ Gr. Strength 6:00 am Gayle</li> <li>■ HiiT 8:30 am Lynn</li> <li>● ■ * Just Step 9:15 am Ilene</li> <li>● Yoga 10:00 am Pam</li> <li>● Senior Fit 11 am Pam</li> <li>● Aquacise 💧 11:00 am Joe</li> </ul>	<ul style="list-style-type: none"> <li>■ Spin 6:00 am Tracey</li> <li>● ■ Sunrise Yoga 6:30 am Dan</li> <li>● ■ * Gr Strength 8:30 am Dianne</li> <li>● ■ Spin 9:15 am Michele W</li> <li>● ■ * Barre 9:30 am Ilene</li> <li>● Senior Fit 11:00 am Ilene/Kerstin</li> <li>■ Aquacise 💧 11:00 am Joe</li> </ul>	<ul style="list-style-type: none"> <li>■ ◆ Gr. Strength 6:00 am Gayle</li> <li>● 3D Strength 8:30 am Heather</li> <li>■ Spin 8:30 am Lynn</li> <li>● ■ Core n More 9:15 am Lynn</li> <li>● Group Strength 10:00 am Paula</li> <li>● Senior Fit 11:00 am Paula</li> <li>● Aquacise 💧 11:00 am Joe</li> </ul>	<ul style="list-style-type: none"> <li>■ Spin 6:00 am Michele</li> <li>● ■ 20/20/20 8:30 am Dianne</li> <li>● ■ Spin 9:15 am Nancy</li> <li>● Yoga 9:30 am Ilene</li> <li>● ■ Pilates 10:30 am Ilene</li> <li>■ Aquacise 💧 11:00 am Keri</li> <li>● Aquafit 💧 11:00 am Diane</li> </ul>	<p style="text-align: center;"><b><u>Saturday</u></b></p> <ul style="list-style-type: none"> <li>■ Group Strength 7:30 am Gayle/Dianne</li> <li>● ■ Spin 8:30 am Rotation</li> <li>■ Gr. Strength 8:30 am Gayle/Dianne</li> <li>● ■ Yoga 9:30am Rotation</li> </ul> <p style="text-align: center;"><b><u>Sunday</u></b></p> <ul style="list-style-type: none"> <li>■ Barre /Pilates 8:30 am Tracey</li> <li>■ Zumba 9:15 am Tracey</li> <li>■ ◆ Masters \$ 8:30am Ron</li> </ul>
<ul style="list-style-type: none"> <li>● Gentle Glow 💧 12:00 pm Kathy</li> </ul>	<ul style="list-style-type: none"> <li>● Gentle Glow 💧 12:05pm Diane Encore/After Encore</li> <li style="text-align: center;">💧</li> <li>12:15-12:45 pm Land exercise Group Exercise Room</li> <li>12:50—1:30 pm 💧 Warm Pool <b>Private class</b> Ilene</li> </ul>	<ul style="list-style-type: none"> <li>● Gentle Glow 💧 12:00 pm Kathy</li> </ul>	<ul style="list-style-type: none"> <li>● Gentle Glow 💧 12:05pm Kathy</li> </ul>		<ul style="list-style-type: none"> <li>● Easy</li> <li>■ More Difficult</li> <li>◆ Most Difficult</li> <li>💧 Water Class</li> <li>💰 Extra Fee</li> <li>* indicates change in time, new instructor and/or new class.</li> </ul>
<ul style="list-style-type: none"> <li>■ Zumba 5:00 pm Tracey</li> <li>● ■ Spin 5:30 pm Paul</li> <li>● Yoga 6:00 pm Donna</li> <li>After Encore 💧 6:00 pm Gayle <b>Private class</b></li> <li>● ■ Spin 6:15 pm Paul</li> </ul>	<ul style="list-style-type: none"> <li>■ HiiT 5:15 pm Tracey</li> <li>■ Group Strength 6:00 pm Tracey</li> <li>● Aqua Yoga 💧 6:05 pm Leslie</li> <li>● ■ Spin 6:15 pm Heather/Michele W</li> <li>■ ◆ Masters 💧💰 7:30 pm Ron</li> </ul>	<ul style="list-style-type: none"> <li>■ Barre Fusion 5:15 pm Tracey</li> <li>■ Zumba 6:00 pm Tracey</li> <li>After Encore 💧 6:00 pm Ilene <b>Private Class</b></li> <li>● ■ Spin 6:15 pm Heather</li> <li>● ■ 3D Core 7:00 pm Heather</li> </ul>	<ul style="list-style-type: none"> <li>● ■ Yoga 5:00 pm Dan</li> <li>■ ● Group Strength 6:00 pm Dianne</li> <li>● Aqua Yoga 💧 6:05 pm Leslie</li> <li>● ■ Spin 6:15 pm Paul</li> <li>■ ◆ Masters 💧💰 7:30 pm Ron</li> </ul>	<ul style="list-style-type: none"> <li>● 3D Yoga 5:00 pm Heather</li> </ul>	<p style="text-align: center;"><b>KCH Hours</b></p> <p style="text-align: center;"><i>Monday-Friday</i> 8:30am-12:15pm <i>Monday-Thursday</i> 3:45-7pm <i>Sat/Sun</i> 8:30-11:30am</p> <p style="text-align: center;"><b>Facility Hours</b></p> <p style="text-align: center;"><i>Monday-Friday</i> 5:30am-9:00pm <i>Sat:</i> 6:00am-4:00pm <i>Sun:</i> 7:00am-3:00 pm</p> <p style="text-align: center;">Rev 12/21/18</p>



## Class Descriptions

Water class



Beginner



Intermediate



Advanced

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**Aquacise:** incorporates low impact cardio exercises and seeks to promote strength, core training, flexibility and balance. Movements are performed to create resistance and better range of motion. Lap Pool.

**AquaFit:** is a mix of Gentle Glow and Strength and Core Training. Warm Water Pool.

**Aqua Fit/Yoga:** includes standing yoga poses combined with strength and core exercises. Warm Water Pool

**3D Strength:** is a total body workout focusing on working all your major muscle groups through all three planes of motion (sagittal/frontal/transverse) Increase your movement literacy and gain strength, mobility, and balance. 14 person max.

**3D Core:** is designed to improve the strength of your entire core with a focus on balance and stabilization through multi-dimensional, flowing movements.

**3D Yoga:** is designed to improve mobility and stability through dynamic, multi-dimensional and flowing movements.

**20 20 20:** 20/20/20 is designed to give you the **ultimate** challenge and total body workout. Sweat through 20 minutes of **cardio**, 20 minutes of **strength training**, and 20 minutes of **stretching and core work**.

**Barre Fusion:** is a total body workout featuring a combination of exercises inspired by ballet and other disciplines of Yoga and Pilates. 12 person max.

**Core n More:** Strengthen your core—and more—through a variety of exercises focusing on core strength, balance and flexibility.

**Encore/After Encore:** private classes for those who have experienced cancer. Please see the front desk for more information. **Gentle Glow:** is ideal for members seeking to improve flexibility and range of motion in a class that stresses a pain-free approach to building muscle, better balance, and better cardiovascular endurance. Warm Water Pool.

**Group Strength:** will strengthen all your major muscle groups with a high-rep weight training workout. Using an adjustable barbell, weight plates, free weights and body weight, Group Strength combines squats, lunges, presses, curls, balance and core work with functional integrated exercises.

**HiIT:** High Intensity Interval Training is an exercise strategy alternating periods of aerobic exercise with recovery periods combined with overall body conditioning. 12 person max.

**Just Step:** Return to “Step Reebok” with rocking music and step choreography. All levels are welcome with options for doing the entire class on the floor.

**Pilates:** improves flexibility, builds strength, and develops control and endurance in the entire body with an emphasis on alignment, breath, core strength, coordination and balance.

**Senior Fitness:** is designed to increase cardiovascular function, strength, range of movement, core and balance.

**Spinning:** is an indoor cycling organized form of exercise with a focus on endurance, strength, intervals, climbs and recovery using the revolutionary Keiser bike. Measure your mileage, caloric burn and overall watt usage on the computers on each bike. 9 person max.

**Yoga:** the ywca offers a diverse tapestry of traditional Hatha yoga. Sunrise Yoga—Namaste to start your day.

**Zumba:** Fitness program that combines Latin and international music with dance moves incorporating interval training—alternating fast and slow rhythms. Come and join the fun dance party.