

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
<p>■ Spin 6:00 am Tracey/Michele</p> <p>● ■ Barre 8:30 am Pam</p> <p>● ■ Spin 8:30 am Paul</p> <p>● ■ Gr Strength 9:15am Dianne</p> <p>● ■ Barre 10:15 Sue</p> <p>■ ♀ Aquacise 11:00 am Scott</p> <p>■ Yoga 11:00 am Sue</p> <p>● ♀ ■ Aqua Fit/ Yoga 11:00 am Diane</p>	<p>■ Gr. Strength 6:00 am Gayle</p> <p>● ■ HiiT 8:30 am Lynn</p> <p>● 20/20/20 9:15 am—10:10 am Ilene</p> <p>● Yoga 10:15-11:10 am Pam</p> <p>● Senior Fit 11:15 –12:00 pm Pam</p> <p>♀ ■ Aquacise 11:00 am Scott</p>	<p>■ Spin 6:00 am Tracey</p> <p>● Sunrise Yoga 6:30 am Dan</p> <p>● Grp. Strength 8:30 am Dianne</p> <p>● ■ Spin 8:30 am Michele W</p> <p>● Barre 9:30 am Ilene</p> <p>● Senior Fit 10:30 am Ilene/Kerstin</p> <p>* ■ ♀ Aquacise 11:00 am Susan</p>	<p>■ Grp. Strength 6:00 am Gayle</p> <p>● ■ HiiT 8:30 am Michele</p> <p>● ■ Spin 8:30 am Lynn</p> <p>● ■ Core n More 9:15—9:45 am Lynn</p> <p>● Group Strength 10:00 am Paula</p> <p>● Senior Fit 11:00 –11:45 am Paula/Ilene</p> <p>* ■ ♀ Aquacise 11:00 am Susan</p>	<p>■ Spin 6:00 am Michele</p> <p>● ■ 20/20/20 8:30 am Dianne</p> <p>● ■ Spin 8:30 am Ilene/Nancy</p> <p>● Pilates 9:30 –10:15 am Ginny</p> <p>● ■ Yoga 10:30 am Ginny</p> <p>■ ♀ Aquacise 11:00 am Keri</p> <p>● ♀ Aquafit 11:00 am Diane</p>	<p><b>Saturday</b></p> <p>● ■ Group Strength 7:30 am Gayle/Dianne</p> <p>● ■ Spin 8:30 am Rotation</p> <p>* ● Group Strength 8:30 am Gayle/Dianne</p> <p>● ■ Yoga 9:30am Rotation</p> <p><b>Sunday</b></p> <p>● ■ Barre /Pilates 8:30 am Tracey</p> <p>■ Zumba 9:15 am Tracey</p> <p>■ ♦ Masters \$ 8:30am Ron</p>
<p>● ♀ Gentle Glow 12:00 pm Kathy</p>	<p>● ♀ Gentle Glow 12:05pm Addie <b>Encore</b></p> <p>* <b>After Encore Private Class</b> 12:15-12:50 pm Land exercise Group Ex. Room</p> <p>♀ 12:50—1:30 pm Water Exercise Ilene</p>	<p>● ♀ Gentle Glow 12:00 pm Kathy</p>	<p>● ♀ Gentle Glow 12:05 pm Kathy</p>		<p><b>SIGN UP REQUIRED FOR ALL GROUP EXERCISE CLASSES. PLEASE SIGN UP AT FRONT DESK.</b></p> <p><b>MEMBERS CAN SIGN UP ONE HOUR PRIOR TO DESIG- NATED CLASS START TIME</b></p>
<p>■ Zumba 5:00 pm Tracey</p> <p>● ■ Spin 5:30 pm Paul</p> <p>* ● Yoga 6:00 pm Meghan</p> <p>* ♀ <b>After Encore Private Class</b> 6:30-7:30 pm Warm Pool Gayle</p> <p>● ■ Spin 6:15 pm Paul</p>	<p>● ■ HiiT 5:15 pm Tracey</p> <p>● ■ Group Strength 6:00 pm Tracey</p> <p>● ♀ Aqua Yoga 6:05 pm Leslie</p> <p>* ● ■ Spin 6:15 pm Paul (seasonal 2/1-5/26/20)</p> <p>■ ♦ ♀ Masters \$ 7:00 pm Ron</p>	<p>● ■ Barre 5:15 pm Tracey</p> <p>■ Zumba 6:00 pm Tracey</p> <p>● ■ Spin 6:15 pm Michele</p> <p>* ♀ <b>After Encore Private Class</b> 6:30-7:30 pm Warm Pool Ilene</p> <p>● ■ Core n More 7:00-7:30 pm Michele</p>	<p>● Yoga 5:00 pm Ilene</p> <p>● ■ Group Strength 6:00 pm Dianne</p> <p>● ♀ Aqua Yoga 6:05 pm Leslie</p> <p>* ● ■ Spin 6:15 pm Paul/Ilene</p> <p>■ ♦ ♀ Masters \$ 7:00pm Ron</p>	<p><b>Legend</b></p> <p>● Easy</p> <p>■ More Difficult</p> <p>♦ Most Difficult</p> <p>♀ Water Class</p> <p>\$ Extra Fee</p>	<p><b>Facility Hours</b> Monday-Thursday: 5:30am-9:00pm Fri: 5:30am-8:00pm Sat: 6:00am-4:00pm Sun: 7:00am-3:00 pm</p> <p><b>KCH Hours</b> Monday-Friday 8:30am-12:15pm Monday-Thursday 3:45-7:00pm Saturday 8:30-11:30am</p> <p>* indicates change in time, new instructor and/or new class.</p>



## Class Descriptions

Water class



Beginner



Intermediate



Advanced

eliminating racism  
empowering women  
**ywca**  
greater newburyport

**SIGN UP REQUIRED FOR ALL GROUP EXERCISE CLASSES. PLEASE SIGN UP AT THE MEMBERSHIP DESK.**

**MEMBERS ARE WELCOME TO SIGN UP ONE HOUR PRIOR TO DESIGNATED CLASS START TIME.**

**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  
**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.

**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.