

# YWCA GREATER NEWBURYPORT – As of Sept 14

## Outdoor Group Exercise Only

All Outdoor Classes will be canceled for rain WITHOUT additional notice

**Outdoor Classes** require advance registration through [Community Pass](#). Space is limited!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Group Strength</b> Tracey K. 6:00 – 6:45 AM YWCA Children's Center <a href="#">Community Pass</a> Max 19	<b>Cardio Interval Plus</b> Michele W. 8:00 – 8:45 AM Atkinson Common <a href="#">Community Pass</a> Max 19	<b>Group Strength</b> Tracey 6:00 – 6:45 AM YWCA Children's Center <a href="#">Community Pass</a> Max 19	<b>Cardio Interval Plus</b> Michele W. 8:00 – 8:45 AM Atkinson Common <a href="#">Community Pass</a> Max 19	<b>Spin Al Fresco</b> Tracey K. 8:00 – 8:45 AM YWCA Titcomb Rear Parking Lot <a href="#">Community Pass</a> Max 9	<b>Group Strength</b> Dianne B. 8:00 – 8:45 AM Atkinson Common <a href="#">Community Pass</a> Max 19
<b>Group Strength</b> Dianne B. 8:00 AM – 8:45 AM Brown Square <a href="#">Community Pass</a> Max 19	<b>Spin Al Fresco</b> Michele W. 5:30 – 6:15 PM YWCA Titcomb Rear Parking Lot <a href="#">Community Pass</a> Max 9	<b>Spin Al Fresco</b> Michele W. 6:00 – 6:45 AM YWCA Titcomb Rear Parking Lot <a href="#">Community Pass</a> Max 9	<b>Spin Al Fresco</b> Paul B. 5:30 – 6:15 PM YWCA Titcomb Rear Parking Lot <a href="#">Community Pass</a> Max 9		<b>Spin Al Fresco Rotation</b> 8:30 – 9:15 AM YWCA Titcomb Rear Parking Lot <a href="#">Community Pass</a> Max 9
<b>Spin Al Fresco</b> Paul B. 5:30 – 6:15 PM YWCA Titcomb Rear Parking Lot <a href="#">Community Pass</a> Max 9		<b>Group Strength</b> Dianne or Pam 8:00 AM – 8:45 AM Atkinson Common <a href="#">Community Pass</a> Max 19			



**YWCA is closed on Monday and opening for SPIN only. Restrooms NOT available.**

Sign up for all classes through [Community Pass](#)

Registration deadline evening classes is 8:00 PM the prior evening

Registration deadline afternoon and evening classes is 2 hours before class

Masks **REQUIRED** upon Entry and Exit and **ENCOURAGED** during class

Please bring your own mats, weights, bug spray

**NO SHOW FEES!** Please note, if you sign up but cannot attend, you may cancel 3 hours before the class or you will be charged a \$10.00 NO SHOW FEE. (Beginning Aug 17)

To cancel call 978-465-YWCA (9922) Ext 20 or [email here](#).

**Atkinson Common 388 High St, Newburyport, MA 01950 (Front Main Area)**  
**Brown Square Corner of Titcomb and Pleasant Street (behind YWCA)**  
**YWCA Children's Center 13 ½ Pond Street, Newburyport (behind CVS)**

# YWCA GREATER NEWBURYPORT – As of Sept 14th ZOOM Classes

**Zoom Classes** – links are included in this schedule.

To participate simply click the links below.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Fit for All</b> Ilene G. 9:00 – 10:00 AM <a href="#">Zoom</a> ID: 881 3963 0029 No Password	<b>Yoga all Levels</b> Ilene G. 10:00 – 11:00 AM <a href="#">Zoom</a> ID: 864 5912 7714 No Password	<b>Fit for All</b> Ilene G. 9:00 – 10:00 AM <a href="#">Zoom</a> ID: 820 4377 1158 No Password	<b>Barre/Pilates</b> Ilene G. 10:00-11:00 AM <a href="#">Zoom</a> ID: 846 0604 5747 No Password	<b>Fit for All</b> Ilene G. 9:00 – 10:00 AM <a href="#">Zoom</a> ID: 813 8385 7509 No Password	<b>Yoga all Levels</b> Ilene G. 10:00-11:00 AM <a href="#">Zoom</a> ID: 862 6557 2073 No Password
		<b>Stay Fit</b> Diane S. 12:00 –12:30 PM <a href="#">Zoom</a> Password: <b>462153</b>		<b>Stay Fit</b> Diane S. 12:00 –12:30 PM <a href="#">Zoom</a> Password: <b>681229</b>	