

YWCA GREATER NEWBURYPORT – As of Oct 19th Outdoor Group Exercise

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	Saturday	Sunday
Grp. Strength + 6:00 - 6:45 AM YWCA CC Tracey Max 19	Cardio Interval 8:00 - 8:45 AM Atkinson Common Michele Max 19	Grp. Strength + 6:00 - 6:45 AM YWCA CC Tracey Max 19	Cardio Interval 8:00 - 8:45 AM Atkinson Common Michele Max 19	Grp. Strength + 8:00 - 8:45 AM Atkinson Common Dianne Max 19	Spin Al Fresco * 10:30 - 11:15 AM YWCA Rear Lot Tracey Max 9
Grp. Strength + 8:00 - 8:45 AM Brown Square Dianne Max 19	Spin Al Fresco 5:30 - 6:15 PM YWCA Rear Lot Michele Max 9	Spin Al Fresco 6:00 - 6:45 AM YWCA Rear Lot Michele Max 9	Spin Al Fresco 5:30 - 6:15 PM YWCA Rear Lot Paul Max 9	Spin Al Fresco 8:30 - 9:15 AM YWCA Rear Lot Rotation Max 9	
Spin Al Fresco * 9:00 – 9:45 AM YWCA Rear Lot Tracey Max 9		Grp. Strength + 8:00 - 8:45 AM Atkinson Common Dianne / Pam Max 19			
Spin Al Fresco * 5:30 - 6:15 PM YWCA Rear Lot Paul Max 9					

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, etc.

* YWCA facility is closed, no bathroom available

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

Atkinson Common: 388 High Street (front main area)
 YWCA Children's Center: 13 ½ Pond Street (behind CVS)
 Brown Square: Corner of Titcomb and Pleasant Street (behind YWCA)
 YWCA Rear Lot: Titcomb Street Entrance to Wellness Center (13 Market Street)
 All classes take place in Newburyport, MA 01950

Revised: 10/15/20

YWCA GREATER NEWBURYPORT – As of Oct 19th ZOOM and Aquatics Classes

Zoom Classes – links are included in this schedule

To participate simply click the links below at scheduled time

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fit for All 9:00 - 10:00 AM Zoom Ilene ID: 881 3963 0029 No Password	Yoga all Levels 10:00 - 11:00 AM Zoom Ilene ID: 864 5912 7714 No Password	Fit for All 9:00 - 10:00 AM Zoom Ilene ID: 820 4377 1158 No Password	Barre/Pilates 10:00 - 11:00 AM Zoom Ilene ID: 846 0604 5747 No Password	Fit for All 9:00 - 10:00 AM Zoom Ilene ID: 813 8385 7509 No Password	Yoga all Levels 10:00 - 11:00 AM Zoom Ilene ID: 862 6557 2073 No Password
		Stay Fit 12:00 - 12:30 PM Zoom Diane Password: 462153		Gentle Glow 11:15 - NOON Warm Water Pool Diane Max 4	
		Aquacise 11:00 - 11:45 AM Lap Pool Diane Max 6		Stay Fit 12:00 - 12:30 PM Zoom Diane Password: 681229	

ZOOM classes are designed for all fitness populations, with modifications and progressions provided

Please remember ZOOM classes are a great option in the event of inclement weather

Sign up for Aquacise and Gentle Glow through [Community Pass](#)

Aquatics Classes count as the one pool appointment for the day