

YWCA GREATER NEWBURYPORT – As of Nov 2nd Outdoor Group Exercise

All Outdoor Classes will be cancelled due to inclement WITHOUT additional notice

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Grp. Strength + 6:00 - 6:45 AM YWCA Rear Lot Tracey Max 19	Cardio Interval 9:00 - 9:45 AM Atkinson Common Michele Max 19	Grp. Strength + 6:00 - 6:45 AM YWCA Rear Lot Tracey Max 19	Cardio Interval 9:00 - 9:45 AM Atkinson Common Michele Max 19	NEW: 20/20/20 9:00 - 9:45 AM Atkinson Common Dianne Max 19	Grp. Strength + 9:00 - 9:45 AM Atkinson Common Dianne Max 19
Grp. Strength + 9:00 - 9:45 AM Atkinson Common Dianne Max 19	Spin AI Fresco 5:00 - 5:45 PM YWCA Rear Lot Michele Max 9	Spin AI Fresco 6:00 - 6:45 AM YWCA Rear Lot Michele Max 9	Spin AI Fresco 5:00 - 5:45 PM YWCA Rear Lot Paul Max 9		Spin AI Fresco 9:00 - 9:45 AM YWCA Rear Lot Rotation Max 9
Spin AI Fresco 9:00 - 9:45 AM YWCA Rear Lot Tracey Max 9		Grp. Strength + 9:00 - 9:45 AM Atkinson Common Dianne / Pam Max 19			<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;">Sunday</div>
Spin AI Fresco 5:00 - 5:45 PM YWCA Rear Lot Paul Max 9					Spin AI Fresco 10:30 - 11:15 AM YWCA Rear Lot Tracey 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, etc.

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

Atkinson Common: 388 High St Newburyport, MA 01950 (front main area)
 YWCA Rear Lot: 13 Market St Newburyport, MA 01950 (Titcomb street entrance)

YWCA GREATER NEWBURYPORT – As of Nov 2nd ZOOM and Aquatics Classes

Zoom Classes – links are included in this schedule, membership required

To participate simply click the links below at scheduled time

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

ZOOM classes are designed for all fitness populations, with modifications and progressions provided
Please tune in to ZOOM classes in the event of inclement weather! More ZOOM classes to follow
ZOOM participants: please join class promptly, we cannot admit after class has started
Sign up for Aquacise and Gentle Glow through [Community Pass](#)
Aquatics Classes count as the one pool appointment for the day