

YWCA GREATER NEWBURYPORT – Effective Jan 11, 2021 Indoor Group Exercise and Aquatics Classes

All Outdoor Classes will be cancelled due to inclement WITHOUT additional notice
Group Exercise Classes require advance registration through [Community Pass](#) Space is limited!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Strength 6:05 - 6:50 AM Upstairs Studio Tracey Max 6		Group Strength 6:05 - 6:50 AM Upstairs Studio Tracey Max 6	Sunrise Spin 6:15 - 7:00 AM Fitness Center Michele Max 6		
Group Strength 8:00 - 8:45 AM Upstairs Studio Dianne Max 6		Group Strength 8:00 - 8:45 AM Upstairs Studio Dianne Max 6			Group Strength 8:30 - 9:30 AM Upstairs Studio Dianne Max 6
Aquacise 11:00 - 11:45 AM Lap Pool Diane Max 6	Group Strength 6:00 - 6:45 PM Upstairs Studio Dianne Max 6	Aquacise 11:00 - 11:45 AM Lap Pool Diane Max 6	Group Strength 6:00 - 6:45 PM Upstairs Studio Tracey Max 6		

YWCA GREATER NEWBURYPORT – Effective Jan 11, 2021 Outdoor Group Exercise

	Cardio HiIT 9:00 - 9:45 AM Atkinson Common Michele Max 12		Cardio HiIT 9:00 - 9:45 AM Atkinson Common Michele Max 12		Spin Al Fresco 9:00 - 9:45 AM YWCA Rear Lot Rotation Max 9	
Spin Al Fresco 5:00 - 5:45 PM YWCA Rear Lot Paul Max 9	Spin Al Fresco 5:00 - 5:45 PM YWCA Rear Lot Michele Max 9		Spin Al Fresco 5:00 - 5:45 PM YWCA Rear Lot Paul Max 9		<table border="1" style="width: 100%;"> <tr> <td style="text-align: center;">Sunday</td> </tr> </table> Spin Al Fresco 10:30 - 11:15 AM YWCA Rear Lot Tracey Max 9	Sunday
Sunday						

Registration deadline for all Indoor / Outdoor morning classes is 8PM the prior evening

Registration deadline for all evening classes is 2 hours before class

Masks are REQUIRED at all times for all Indoor / Outdoor classes

Please use Titcomb street door for entrance and egress for all Indoor GER classes

Aquatics Classes count as the one pool appointment for the day - Masks are required

Please bring your own mats, pool equipment, weights, etc.

Atkinson Common: 388 High Street Newburyport, MA 01950
 YWCA Rear Lot, Lap Pool, Upstairs Studio and Fitness Center:
 13 Market Street Newburyport, MA 01950

YWCA GREATER NEWBURYPORT – As of Jan 11, 2021

ZOOM 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
Group Strength 6:05 - 6:50 AM Zoom Tracey ID: 812 8000 7582 No Password		Group Strength 6:05 - 6:50 AM Zoom Tracey ID: 815 6112 4900 No Password			
Group Strength 8:00 - 8:45 AM Zoom Dianne ID: 832 6964 5076 No Password		Group Strength 8:00 - 8:45 AM Zoom Dianne ID: 816 2299 2480 No Password		Fit for All 9:00 - 9:55 AM Zoom Ilene ID: 870 3746 9898 No Password	Group Strength 8:30 - 9:30 AM Zoom Dianne ID: 863 3595 4157 No Password
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	Zumba Gold 10:00 - 10:45 AM Zoom Kerstin ID: 840 0148 8415 No Password	Barre/Pilates 10:00 - 10:45 AM Zoom Ilene ID: 813 0147 5344 No Password	Yoga all Levels 10:00 - 11:00 AM Zoom Ilene ID: 843 1245 6063 No Password
	Group Strength 6:00 - 6:45 PM Zoom Dianne ID: 832 4194 3728 No Password	Stay Fit 12:00 - 12:30 PM Zoom Diane Password: 462153	Group Strength 6:00 - 6:45 PM Zoom Tracey ID: 879 9931 8991 No Password	Stay Fit 12:00 - 12:30 PM Zoom Diane Password: 681229	

ZOOM classes are designed for all fitness populations, with modifications and progressions provided
ZOOM participants: please join class promptly, we cannot admit after class has started