



**FIT  
STRONG  
TOGETHER**

**September 2019 Group Exercise Schedule  
BFYMCA NORTHERN BERKSHIRE BRANCH  
22 Brickyard Ct. North Adams**

Group Exercise programs are fun and interactive ways to get fit for varying fitness levels. From Strength Train Together, to Cycling, to Yoga, to Water Aerobics, the Y offers a variety of Group Exercise classes in a supportive group setting. Unless noted, Group Exercise classes are drop-in and included in your Y membership. Daily Guest Pass (\$) holders may participate.

Chris Witruk, Health & Wellness Director, (413) 663-6529, X111, cewitruk@bfymca.org

**Monday**

- 5:30 - 6:30 AM: Cycling (Cycle room)**
- 5:45 - 6:30 AM: Sunrise Cardio Boxing w/Katie (Racquetball Court)**
- 9:00 - 10:00 AM: Strength Train Together w/Chris (Cycle Room)**
- 11:00 - 11:45 AM: Twinges in the Hinges (Pool)**
- 1:00 - 1:45 PM: Twinges in the Hinges (Pool)**
- 5:00 - 5:45 PM: Deep End Water Aerobics w/Chris (Pool)**
- 6:00 - 7:00 PM: SilverSneakers® Circuit w/Karen (Racquetball Court)**

**Tuesday**

- 5:30 - 6:30 AM: Cycling (Cycle room)**
- 9:00 - 9:45 AM: Water Cardio Walking (Pool)**
- 5:30 - 6:30 PM: Cycling w/Emily (Cycle room)**
- 6:00 - 7:00 PM: Zumba® w/Karen (Koala room)**

Please note that all classes are subject to change due to demand and participation.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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### **Wednesday**

**5:45 - 6:30 AM: Sunrise Cardio Boxing w/Katie (Racquetball Court)**

**9:00 - 10:00 AM: Strength Train Together w/Chris (Cycle Room)**

**11:00 - 11:45 AM: Twinges in the Hinges (Pool)**

**1:00 - 1:45 PM: Twinges in the Hinges (Pool)**

**5:00 - 5:45 PM: Deep End Water Aerobics w/Chris (Pool)**

**6:00 - 7:00 PM: Boom: Move & Muscle w/Karen (Racquetball Court)**

### **Thursday**

**5:30 - 6:30 AM: Cycling (Cycle room)**

**9:00 - 9:45 AM: Water Cardio Walking (Pool)**

**5:30 - 6:30 PM: Cycling w/Sarah (Cycle room) !!Returning Class!!**

**6:00 - 7:00 PM: Zumba® w/Karen (Koala room)**

### **Friday**

**6:00 - 7:00 AM: Cycling w/Rachel (Cycle room)**

**9:00 - 10:00 AM: Strength Train Together w/Chris (Cycle Room)**

**9:00 - 9:45 AM: Water Cardio Power (Pool)**

**11:00 - 11:45 AM: Twinges in the Hinges (Pool)**

**1:00 - 1:45 PM: Twinges in the Hinges (Pool)**

Please note that all classes are subject to change due to demand and participation.