



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIT STRONG TOGETHER

Group Exercise Schedule
BFYMCA NORTHERN BERKSHIRE BRANCH
22 Brickyard Ct., North Adams

Group Exercise programs are fun 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. *Classes are subject to change due to demand and participation.* bfymca.org/groupfitness

NOVEMBER 2019

I have exciting news to share...We now have 6 Cycling classes per week! Meet our newest instructor, Sarah, on Thursday evenings from 5:30-6:30pm. Sarah will guide you through an exciting group cycling workout that will help increase your endurance, burn fat, burn calories, sculpt and define your lower body.

Check the schedule below for other days and times for group cycle fun!

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: Dance Fitness w/Karen (Koala room)

BERKSHIRE FAMILY YMCA: www.bfymca.org

Pittsfield (Corporate Office): 292 North Street, Pittsfield, MA 01201 **P:** 413-499-7650 **F:** 888-965-0663

Northern Berkshire: 22 Brickyard Court, North Adams, MA 01247 **P:** 413-663-6529

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)
6:00 - 7:00 PM: Dance Fitness 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)

SATURDAY

No classes

SUNDAY

No classes