



**FIT
STRONG
TOGETHER**

**December 2017 Group Exercise Schedule
BFYMCA PITTSFIELD BRANCH, 292 North St.**

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 and Wellness Director | (413) 499-7650 | cwitruk@bfymca.org

SATURDAY

- ➔ 8:00 - 8:45 AM: **Tabata w/Tracy (Auditorium)**
- ➔ 8:00 - 9:30 AM: **Masters Swim w/Dan (Pool)**
- ➔ 9:00 - 10:00 AM: **Cycling/TRX w/Tracy (Cycle Room)**
- ➔ 10:00 - 11:00 AM: **Yoga w/Alicia (Auditorium)**

SUNDAY

- ➔ 8:00 - 9:30 AM: **Masters Swim w/Dan (Pool)**
- ➔ 9:30 - 10:30 AM: **Gentle Yoga w/Laurie (Auditorium)**
- ➔ 11:00 AM - 12:00 PM: **Strength Train Together w/Dan (Auditorium)**

MONDAY

- ➔ 6:00 - 7:00 AM: **Cycling / Abs w/Tracy (Cycle Room)**
- ➔ 6:00 - 7:00 AM: **Strength Train Together (Auditorium)**
- ➔ 9:30 - 10:30 AM: **Deep Water Circuit Training (Pool)**
- ➔ 9:30 - 10:30 AM: **SilverSneakers® Classic w/Mary Ellen (Auditorium)**
- ➔ 11:00 - 11:45 AM: **Yoga - Chair w/Tracy (Auditorium)**
- ➔ 11:00 - 12:00 PM: **Water Aerobics w/Theresa (Pool)**
- ➔ 12:00 - 12:30 PM: **Cycling w/Tracy (Cycle Room)**
- ➔ 3:00 - 4:00 PM: **Low Intensity Cardio w/Weights w/Tracy (Auditorium)**
- ➔ 4:45 - 5:30 PM: **Cycling w/Tracy (Cycle Room)**
- ➔ 5:30 - 6:30 PM: **Strength Train Together w/Halima (Auditorium)**
- ➔ 6:30 - 7:30 PM: **Yoga w/Alicia (Auditorium)**

TUESDAY

- ➔ 6:00 - 7:00 AM: **Kettlebell w/Tracy (Auditorium)**
- ➔ 7:00 - 8:00 AM: **Masters Swim w/Dan (Pool)**
- ➔ 9:00 - 9:45 AM: **SilverSneakers® Circuit w/Tracy (Auditorium)**
- ➔ 12:00 - 12:30 PM: **TRX Basics w/Tracy (Cycle Room)**
- ➔ 12:30 - 1:00 PM: **Body Motion w/Tracy (Auditorium)**
- ➔ 4:45 - 5:30 PM: **Complete Body Movement w/Tracy (Auditorium)**
- ➔ 5:30 - 6:30 PM: **Cycling w/Sue (Cycle Room)**
- ➔ 5:30 - 6:30 PM: **Strength Train Together w/Dan (YEC)**



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WEDNESDAY

- ➔ 6:00 - 7:00 AM: **Cycling / Abs w/Tracy (Cycle Room)**
- ➔ 6:00 - 7:00 AM: **Strength Train Together (Auditorium)**
- ➔ 9:30 - 10:30 AM: **Deep Water Circuit Training (Pool)**
- ➔ 9:30 - 10:30 AM: **SilverSneakers® Classic w/Mary Ellen (Auditorium)**
- ➔ 11:00 - 11:45 AM: **Yoga w/Tracy (Cycle Room)**
- ➔ 11:00 AM - 12:00 PM: **Strength Train Together w/Chris (Auditorium)**
- ➔ 11:00 AM - 12:00 PM: **Water Aerobics w/Theresa (Pool)**
- ➔ 12:00 - 12:30 PM: **Cycling w/Tracy (Cycle Room)**
- ➔ 12:30 - 1:15 PM: **Boot Camp w/Michelle (Auditorium)**
- ➔ 3:00 - 4:00 PM: **Low Intensity Cardio w/Weights w/Tracy (Auditorium)**
- ➔ 4:45 - 5:30 PM: **Tabata w/Tracy (Auditorium)**
- ➔ 5:45 - 6:30 PM: **Cycling / Shape w/Tracy (Cycle Room)**
- ➔ 6:30 - 7:30 PM: **Yoga w/Helen (Auditorium)**

THURSDAY

- ➔ 6:00 - 7:00 AM: **Cycling/TRX/Abs w/Tracy (Cycle Room)**
- ➔ 7:00 - 8:00 AM: **Masters Swim w/Dan (Pool)**
- ➔ 9:30 - 10:15 AM: **SilverSneakers® Circuit w/ Tracy (Auditorium)**
- ➔ 10:20 - 10:50 AM: **TRX Basics w/Tracy (Cycle Room)**
- ➔ 11:00 - 11:45 AM: **Chair Yoga w/Tracy (Auditorium)**
- ➔ 4:00 - 5:00 PM: **Strength Train Together w/Helen (Auditorium)**
- ➔ 5:30 - 6:30 PM: **Cycling w/Sue (Cycle Room)**
- ➔ 5:30 - 6:30 PM: **Strength Train Together w/Halima (Auditorium)**

FRIDAY

- ➔ 6:00 - 7:00 AM: **Cardio Sculpt w/Tracy (Auditorium)**
- ➔ 9:30 - 10:30 AM: **Deep Water Circuit Training (Pool)**
- ➔ 9:30 - 10:30 AM: **SilverSneakers® Classic w/Mary Ellen (Auditorium)**
- ➔ 11:00 AM - 12:00 PM: **Water Aerobics w/Theresa (Pool)**
- ➔ 12:30 - 1:00 PM: **Insanity® w/Michelle (Auditorium)**
- ➔ 7:00 - 8:00 PM: **Gentle Yoga w/Laurie (Auditorium)**