



FIT
STRONG
TOGETHER

January 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, Community Wellness Director | (413) 499-7650, X111 | cwitruk@bfymca.org

Monday

- 5:30 - 6:30 AM: Cycling (Cycle room)**
- 5:45 - 6:30 AM: Women's 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 - 6:00 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)**
- 8:00 - 8:45 AM Chair Yoga w/Jessi (Cycle room)**
- 9:00 - 10:00 AM: Water Cardio Walking (Pool)**
- 5:00 - 6:00 PM: Water Cardio Power (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.



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Wednesday

- 5:45 - 6:30 AM: Women's 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)**
- 8:00 - 8:45 AM Chair Yoga w/Jessi (Cycle room)**
- 5:00 - 5:45 PM: Water Cardio Power (Pool)**
- 5:30 - 6:30 PM: Cycling w/Steve (Cycle room)**
- 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)**

Saturday

- 8:30 - 9:30 AM: Cycle/Boot Camp w/Steve (Cycle room)**

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