



**FIT  
STRONG  
TOGETHER**

**March 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: Cardio Boxing w/Katie (Racquetball Court)**

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

**10:00 - 11:00 AM: Enhance®Fitness (Racquetball Court)**

**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)**

**4:00 - 4:45 PM Gentle Yoga (w/chair option) w/Jessi (Cycle room)**

**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)**

**\*Karen's classes are on hold until mid March.  
Dates of return to be determined.**

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



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**Wednesday**

- 5:45 - 6:30 AM: Cardio Boxing w/Katie (Racquetball Court)**
- 9:00 - 10:00 AM: Strength Train Together w/Chris (Cycle Room)**
- 10:00 - 11:00 AM: Enhance®Fitness (Racquetball Court)**
- 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)**
- 4:00 - 4:45 PM Gentle Yoga (w/chair option) 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)**
- 10:00 - 11:00 AM: Enhance®Fitness (Racquetball Court)**
- 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)**

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