



**FIT
STRONG
TOGETHER**

**November 2018 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)**
- 9:00 - 10:00 AM: Water Cardio Walking w/Evan (Pool)**
- 12:00 - 1:00 PM: Gentle Yoga w/Lynn (Racquetball Court)**
- 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)**



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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 w/Evan (Pool)

12:00 - 1:00 PM: Yoga w/Lynn (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)