



FIT  
STRONG  
TOGETHER

November 2018 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.

Brandon Rousseau, Program Director | (413) 499-7650, X233 | [brousseau@bfymca.org](mailto:brousseau@bfymca.org)

### MONDAY

- 6:00 - 7:00 AM: **Cycling / Abs w/Tracy (Cycle Room)**
- 9:30 - 10:30 AM: **Deep Water Workout (Pool)**
- 9:45 - 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: **Insanity w/Michelle (Auditorium)**
- 12:30 - 1:00 PM: **Stretch & Recovery w/Michelle (Auditorium)**
- 3:00 - 4:00 PM: **Low Intensity Cardio w/Weights-Tracy (Auditorium)**
- 4:45 - 5:30 PM: **Cycling w/Tracy (Cycle Room)**
- 5:30 - 6:15 PM: **TRX/Stretch w/Tracy (Cycle Room)**

### 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: **Kettlebell w/Tracy (Auditorium)**
- 5:30 - 6:30 PM: **Cycling w/Susan (Cycle Room)**
- 5:45 - 6:45 PM: **Strength Train Together w/Dan (Auditorium)**

### WEDNESDAY

- 6:00 - 7:00 AM: **Cycling / Abs w/Tracy (Cycle Room)**
- 9:30 - 10:30 AM: **Deep Water Workout (Pool)**
- 9:45 - 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: **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)**



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#### 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)**
- ➔ 10:30 - 11:15 AM: **Chair Yoga w/Tracy (Auditorium)**
- ➔ 12:30 - 1:00 PM: **Mix It Up w/Michelle (Auditorium)**
- ➔ 5:30 - 6:30 PM: **Cycling w/Susan (Cycle Room)**

#### FRIDAY

- ➔ 6:00 - 7:00 AM: **Cardio Sculpt w/Tracy (Auditorium)**
- ➔ 9:30 - 10:30 AM: **Deep Water Workout (Pool)**
- ➔ 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)**

#### SATURDAY

- ➔ 8:00 - 9:30 AM: **Masters Swim w/Dan (Pool)**
- ➔ 8:00 - 9:00 AM: **20/20/20 w/Tracy (Cycle Room)**
- ➔ 9:15 - 10:00 AM: **Yoga w/Helen (Auditorium)**

#### SUNDAY

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