



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST BAY FAMILY YMCA SCHEDULE

SEPTEMBER 1– OCTOBER 31, 2017

GROUP EXERCISE STUDIO

Levels: ¹beginner, ²intermediate, ³intense

* = Class requires registration due to equipment limits (no fee)

\$ = Fee-based programs, registration required. To register for ANY program call 401-295-6501; visit www.gpymca.org

TIME	M	T	W	TH	F	SAT	SUN
5:30 AM		Tabata Style Interval Training ¹⁻³ Jill N—45min		Tabata Style Interval Training ¹⁻³ Jill N—45min			
8:00 AM						Interval Training ¹⁻³ 55 min Kathy/Janine	
8:15 AM							
8:30 AM	Strength & Conditioning ¹⁻³ Janine—55 min	Interval Training ¹⁻³ Janine—55 min	Tabata Style Interval Training ¹⁻³ Megan—55min	Strength ^{*2-3} Krista—55min			
9:00 AM						Strength ^{*2-3} Eva—1hr	Cardio ²⁻³ Mike—1hr
9:30 AM	Janine—1hr	Strength & Conditioning ²⁻³ Stephanie, 55 min	Amy—55min ¹⁻²	Pilates ¹⁻³ Janine—1hr	Interval Training ²⁻³ Frank—55min		
10:00 AM							Val—1hr ¹⁻²
10:15 AM						Tai Chi Strength & Balance ¹⁻² Tom—45min	
10:30 AM	Absolute Abs ¹⁻³ Janine—15min		Strength ^{*2-3} Bethany—55min				
11:00 AM	Danielle	Low Impact Aerobics ¹⁻² Jill G—1hr	Martha—45min ¹	Low Impact Aerobics ¹⁻² Janine—1hr	Martha—45min ¹		
11:30 AM							
12:00 PM	Enhance Fitness ^{*1} Maria—1hr				Enhance Fitness ^{*1} Maria—1hr		
12:30 PM			Enhanced Fitness ^{*1} Maria—1hr				
4:30 PM	Strength ^{*2-3} Krista—1hr		Interval Training ¹⁻³ Janine--1hr	Strength & Conditioning ¹⁻³ Janine—1hr	Strength ^{*2-3} Brock—1hr		
5:00 PM		Janine—60min					
5:30 PM	Amy—1hr ¹⁻²		Strength ^{**2-3} Brock—1hr	Danielle 45min ¹⁻²			
6:00 PM		POUND® Rockout. Workout.® Val—45min ¹					
6:15 PM				Interval Training ²⁻³ Val—45 min			

The YMCA of Greater Providence is a 501c(3) Charitable Organization. Our mission is to build healthy spirit, mind and body through programs, services and relationships that are based upon our core values of caring, honesty, respect and responsibility.



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SPIRIT ROOM

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TIME	M	T	W	TH	F	SAT	SUN
6:30 AM	Yoga ¹⁻³ Ann—1hr		Yoga ¹⁻³ Dee—1hr		Yoga ¹⁻³ Mary—1hr		
7:15 AM							
7:30 AM							
8:15 AM						Yoga ¹⁻³ Mary 75min	
9:00 AM						Kids' Yoga ^{kids} Barbara—30min Studio 1	Yoga ¹⁻³ Mary H/Tedessa 75 min
9:30 AM	Yogalates ¹⁻³ Don—1hr	Yoga ¹⁻³ Janine--1hr	Yoga ¹⁻³ Martha—1hr	Yoga ¹⁻³ Tedessa—1hr	Yoga ¹⁻³ Joy—1hr		
10:00 AM							
10:30 AM							
4:30 PM							
5:00 PM	Pilates ¹⁻³ Janine—1hr						
6:00 PM			Yoga ¹⁻³ Wendy—1hr				
6:30 PM	Yoga ¹⁻³ Mary—1hr	Yoga ¹⁻³ Pam—1hr					
7:00 PM							



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WEST BAY FAMILY YMCA SCHEDULE SEPTEMBER 1– OCTOBER 31, 2017

CYCLE ROOM

Levels: ¹beginner, ²intermediate, ³intense

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TIME	M	T	W	TH	F	SAT	SUN
5:30 AM		Group Cycling ^{*1-3} Janine—1hr		Group Cycling ^{*1-3} Sara—1hr			
5:45 AM	Group Cycling ^{*1-3} Sara--45 min				Group Cycling ^{*1-3} Janine--45 min		
6:15 AM							
7:00 AM						Group Cycling ^{*1-3} Sara—45min	
8:15 AM						Group Cycling ^{*1-3} Megan--45 min	
9:00 AM							
9:15 AM		Group Cycling ^{*1-3} Karen—45min		Group Cycling ^{*1-3} Karen—45min		Group Cycling ^{*1-3} Janine—45min	
9:30 AM			Group Cycling ^{*1-3} Bethany—45min				Group Cycling ^{*1-3} Karen—1hour
4:00 PM							
5:00 PM							
5:45 PM		Group Cycling ^{*1-3} Kim—45min					
6:00 PM							

Register for all Cycle Classes 24 hours in advance by calling 401-295-6501 or visiting www.qpymca.org