

# All In One Schedule

Step out of your comfort zone and step into a new activity



*Personal Trainers*



**MASSAGE**

**Reiki**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Swim Lessons for ages 6 months to adult – See Swim Lesson Schedule!	Swim Lessons for ages 6 months to adult – See Swim Lesson Schedule!	Swim Lessons for ages 6 months to adult – See Swim Lesson Schedule!	Swim Lessons for ages 6 months to adult – See Swim Lesson Schedule!	Swim Lessons for ages 6 months to adult – See Swim Lesson Schedule!	Swim Lessons for ages 6 months to adult – See Swim Lesson Schedule!	Swim Lessons for ages 6 months to adult – See Swim Lesson Schedule!
Lap Swim All Day # of Lanes vary For exceptions, see Pool Schedule	Lap Swim All Day # of Lanes vary For exceptions, see Pool Schedule	Lap Swim All Day # of Lanes vary For exceptions, see Pool Schedule	Lap Swim All Day # of Lanes vary For exceptions, see Pool Schedule	Lap Swim All Day # of Lanes vary For exceptions, see Pool Schedule	See Pool Schedule	See Pool Schedule
5:30 am – 8:30 am Open Gym Bring your own Basketball	5:30 am – 8:30 am Open Gym Bring your own Basketball	5:30 am – 8:30 am Open Gym Bring your own Basketball	5:30 am – 8:30 am Open Gym Bring your own Basketball	5:30 am – 8:30 am Open Gym Bring your own Basketball		
6:30-7:30a Body Sculpting (Ali) B,I, A		6:30-7:30a Core Conditioning (Ali) B,I,A	6:30-7:30 a Yoga (Karina) B, I, A	7:00-8:00a Cycle Fit (Rita) B, I		
7:30-8:30a Yoga (John) B,I,A				7:00-8:00a Core Conditioning (Ali) B,I,A		
		8:00-9:00a Bodysculpting (Mark) B,I,A			8:00-9:00a Step/Sculpt (Holly) B,I,A	
				8:00-9:00a Yoga (John) B,I,A		
9:00 – 12:00 Family Prime Time	9:00 – 12:00 Family Prime Time	9:00 – 12:00 Family Prime Time	9:00 – 12:00 Family Prime Time	9:00 – 12:00 Family Prime Time	8:30 – 12:30 Family Prime Time	
9:00 – 9:45 a Water Walking B (Robyn, Joan)		9:00 – 9:45 a Water Walking (Robyn, Joan) B		9:00 – 9:45 a Water Walking (Robyn, Joan) B	9:00-10:00 am Preschool Sports Ages 3-5 \$\$  9:00-10:00 a, Youth Sports Ages 5-8 \$\$	
9:00-10:00a Pilates 101 (Jacqui) B,I	9:15-10:15 am Hybrid Training in the Park (Christy) B, I, A	9:15 – 10:30 am Vinyasa Yoga (Laura) B,I,A	9:15-10:15a Pilates 101 (Ginger) B		9:00-10:00a Pilates 101 (Jacqui) B,I	9:15 – 11:15 am Open Swim
9:00-10:30a Spin and Sculpt! (Lisa) A	9:00-9:50a Cycle Power Ride (Lisa) I, A	9:00-10:00a Cycle Power Ride (Peter) I, A		9:00-10:00a Cycle Ride for Race (Peter) I, A	9:10-10:00 am Cycle Fit (Holly) I	

	9:15-10:15a Bodysculpting (Nina) B,I,A	9:15-10:15a H.I.T (Nina) B,I,A	9:15-10:15a Martial Arts Conditioning (Kevin) B,I,A	9:15-10:15a Kickboxing (Nina) B,I,A	9:05-10:05a Hybrid Kickboxing (Jen) B,I,A	
9:30 – 10:30 Water Aerobics B, I, A	9:30 – 10:30 Water Aerobics B, I, A	9:30 – 10:30 Water Aerobics B, I, A	9:30 – 10:30 Water Aerobics B, I, A	9:30 – 10:30 Water Aerobics B, I, A		
				10:00-10:30 ½ Craft ½ Fitness Ages 3 – 5 \$\$		
10:30 – 11:30 am Open Swim	10:30 – 11:30 am Open Swim	10:30 – 11:30 am Open Swim	10:30 – 11:30 am Open Swim	10:30 – 11:30 am Open Swim		
11:00-11:45a SilverSneakers® Level 1 (Lisa)	11:00-12:00p Tai Chi/Qi Gong (Kevin) B,I,A	11:00-11:45a SilverSneakers® Level 1 (Lisa)		11:00-11:45a SilverSneakers® Yoga Stretch (John)	10:15-11:15a Curvaceous II (Sarah) B,I	10:15-12:15 Y-Tri (Lisa) \$\$
		11:45-12:15 am Preschool Art Ages 2-5 \$\$	11:30-12:15 ½ Craft/½ Fitness Ages 3-5 \$\$		10:30-11:00am Creative Movement Ages 3-5 \$\$ 11:15-11:45 Preschool Art Ages 3-5 \$\$	
12:00-1:00 Open Gym Bring own basketball	12:00-1:00 Open Gym Bring own basketball	12:00-1:00 Open Gym Bring own basketball	12:00-1:00 Open Gym Bring own basketball	12:00-1:00 Open Gym Bring own basketball		
12:00-12:45p Abs olutely Abs (Lisa) B,I,A	12:05-12:50p Pilates Sculpt (Jacqui) B,I,A	12:00-1:00p Abs olutely Abs (Lisa) B,I,A		12:00-12:45p Y Ball (Christy) B,I,A		12:15 – 3:30 Open Swim
12:10-12:40 Creative Movement Ages 2-4 \$\$	1:00-2:00 Alzheimers Live & Learn B Registration Required					
1:00-5:00 pm Family Open Swim	2:30-4:00 pm Family Open Swim	1:00 – 5:30 pm Family Open Swim	2:30-3:30 pm Family Open Swim	1:00 – 4:30 pm Family Open Swim	1:00 – 3:30 pm Family Open Swim	1:30-3:30 pm Birthday Party Rental \$\$
4:00 – 7:45 pm Family Prime Time	4:00 – 7:45 pm Family Prime Time	4:00 – 7:45 pm Family Prime Time	4:00 – 7:45 pm Family Prime Time	4:00 – 8:00 pm Monthly Parent's Night Out See Schedule \$\$	2:00-4:00 p Birthday Party Rental \$\$	
	4:00-4:45 p Teens of Steel (Christy) \$\$	4:00-5:00 pm Youth Dance Ages 5-8 \$\$		4:00-4:45p Abs olutely Abs (Eddie) B,I,A		
		4:00-5:00 pm All Sports – Ages 4-6 \$\$				
	4:30 – 6:00 pm Swim Team	4:30 – 6:00 pm Swim Team	4:30 – 6:00 pm Swim Team			

5:00-6:30 p Commit To Quit Registration Required		5:00-6:00 Martial Arts Ages 6-14 \$\$\$				
5:10-6:10p Boot Camp (Nina) I,A	5:00-5:45p Sport Conditioning (Lisa) I,A	5:15-6:00p Bodysculpting (Mark) B,I,A	5:30-6:30p Basic Fitness (Nancy) B,I			
5:15-6:15p Intro to Capoeira (Kevin) B,I	5:15-6:15 Intro to Vinyasa Yoga (Crystal) B,I	5:15-6:15p Cycle Fit (Gina) B, I	5:15-6:15 Pilates 1 (Amanda) B,I			
6:15 – 7:30 p Live Strong Cancer Survivor Registration Required		6:15 – 7:30 p Live Strong Cancer Survivor Registration Required	5:30 – 6:30 pm Outdoor Hybrid Training @ Brown Street Park B, I, A			
6:00 – 7:00 pm Cycle Race Day (Adriane) I,A	6:00-6:45p Curvaceous I (Sarah) B,I,A	6:15-7:15 Intro to Technology of Yoga (Michael) Ages 12+ B				
7:15 – 8:00 pm Family Open Swim	5:30 – 7:45 pm Family Open Swim	7:00 – 8:30 pm Family Open Swim	5:30 – 7:45 pm Family Open Swim	5:00-6:30 pm Family Open Swim		
6:10-7:10p Martial Arts Conditioning (Kevin) B,I	6:00-7:00pm Cycle Race Day (Peter)	6:20-7:20 Pilates Sculpt (Jane) B,I	6:00-7:00p Cycle Race Day (Lisa)			
6:20-7:20p Belly Dancing (Manuela) B,I,A	6:30-7:30p Ballroom Dancing (Marty) \$\$ B,I,A	6:30-7:30p Spin Sprint to Finish (Cristen) I,A	6:30-7:15p Tai Chi/Qi Gong (Kevin) B,I,A			
	7:00-8:00p Kickboxing (Holly) B,I,A		7:20-8:05p Thai Boxing (Kevin) \$\$\$			
			7:15 – 8:00 pm Water Aerobics (Lisa) B,I,A			
7:30-8:30p Yoga I (Manuela) B,I		7:30 – 8:45 p Vinyasa II Yoga (Michael) I, A	7:30-8:30p Yoga I (Richard) B,I,A			

■ Pool
 ■ Lower Level Activity Room
 ■ Aerobic Studio
 ■ Cycling Room

■ Mount Hope Child Care Center
 ■ Prime Time
 ■ Vincent Brown Rec Center

Note: This is a guide to help you see the BIG PICTURE of all the programs we offer for FREE...unless denoted with \$\$\$

We encourage you to step out of your comfort zone, and try something new! Please check the color coded schedules for any changes or visit

[www.YMCAGreaterProvidence.org](http://www.YMCAGreaterProvidence.org)

Times may vary. See Department schedule to verify. Updated June 15, 2009