



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ATTLEBORO YMCA

# DOWNTOWN BRANCH GROUP EXERCISE SCHEDULE

## Winter: January 30-February 25

Augat Gym	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:00 AM				Athletic Trng Lynne		8:00 AM		Athletic Trng Lynne
	8:30 AM		Pickleball Cyndee				9:00 AM	Extreme Body Challenge Tim	
	9:30 AM	Sit & Be Fit Ruth		Sit & Be Fit Ruth		Sit & Be Fit Ruth			
	6:00 PM	Athletic Trng Lynne							

Cycle Room	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:30 AM	Group Cycle Jef					9:00 AM	Group Cycle Kristin	
	6:00 AM			Group Cycle Sarah					
	9:00 AM		Group Cycle Gina		Group Cycle Laura D.				
	9:45 AM			Beginner Cycle Cyndee		Beginner Cycle Cyndee			
	5:45 PM	Group Cycle Kerri							
6:00 PM		Group Cycle Theresa	Group Cycle Kerri	Group Cycle Kristin					

Main Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6:00 AM	Cyndee	Fitness Fusion Kristin	Cyndee	Fitness Fusion Kristin		8:00 AM	Boot Camp Julie	
	8:30 AM	Golden Beats Cyndee		Keeping Fit Cyndee	Glutes & Guts Cyndee	Cyndee	8:30 AM		Yoga Flow Michelle
	9:30 AM	Laura D.	Cyndee	Pump & Cardio Meredith	Cyndee	Sharon	9:00 AM	Dahlia	
	10:30 AM		Pilates Sharon		Pilates Meredith		10:00 AM		Rotating
	12:10 PM	Fitness Fusion Laura D.	Sharon	SPHIIT Ann	Meredith	Sharon			
	4:30 PM	Julie							
	5:00 PM		Boot Camp Tim		Lisa				
	5:30 PM	Basic Step		Step All levels Lisa		Laura D.			
	6:00 PM		Barbara		Shannon				
	6:30 PM	Hatha Yoga Michelle		Michelle A		Tai Chi Ashley			
	7:00 PM		Yoga Flow Barbara		Pilates Tomoko				
7:30 PM	Cardio Camp Sarah		Shane						

Carpenter Gym	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
								9:00 AM	Muscle Crunch Kerri