

Health, Well-Being & Fitness

Group Exercise

Group exercise classes are FREE to YMCA members! With your Attleboro YMCA membership, you have access to all of the classes offered at both our Downtown and Pleasant Street locations. **Pick up the current Group Exercise schedule at the Welcome Center or online at attleboroymca.org/schedules.**

Athletic Training – Medicine balls, athletic drills and core conditioning make this class the ultimate workout.

Boot Camp – Variety of exercises including push-ups, squats, jacks and other military style conditioning moves.

Basic Step - Designed for those who are new to step, learn the lingo and step techniques all in a supportive atmosphere.

Beginner Cycle – If you're new to group cycling, this class will help you get moving – but at a pace that's comfortable for you.

Les Mills BodyPump™ - A non-impact weights-based exercise class that works every major muscle group in the body using weights, a bar and step.

Les Mills BodyFlow™ - Drawing from Yoga, Pilates, and Tai Chi, these carefully structured series of stretches and poses improve your flexibility, core strength and range of motion.

Cardio Camp – This high-energy, calorie burning workout incorporates traditional high and low impact moves with athletic aerobic movements.

Cardio Pilates – Get your heart rate up and tone your muscles, followed up with core work.

Fitness Fusion – Get it all in one class. Increase muscle strength, improve cardiovascular endurance, and gain functional fitness through interval training techniques.

Glutes & Guts – An hour of hard-core abs and leg/glute work.

Golden Beats – Designed for older adults, this combines the beat of drums with drumsticks and a stability ball to tone muscles and build endurance. Most moves can be done while seated.

Group Cycling – Stationary bike workout. Beginners through top athletes are welcome as you can pace yourself. Bring a towel and water.

Hatha Yoga - Learn proper alignment and technique in this gentle and mindful class. Breath work, postures and relaxation included.

H.I.I.T. – High Intensity Interval Training. An interval workout that mixes bootcamp-style exercises with intervals of cardio.

Keeping Fit - Comprehensive workout for the 40+ year old. Includes strength, aerobics, flexibility, and balance exercises with hand weights and stability balls.

Muscle Crunch - Learn proper techniques using various equipment to tone, strengthen and define all muscle groups.

Pilates - Pilates focuses on technique and concentrated movement to target the core muscles of the body.

Sit & Be Fit - This class is designed for the member who has difficulty standing for an extended period of time. Exercises for all major muscle groups and some aerobic activity are provided.

S.P.H.I.I.T.- Spit, Spin, High Intensity, Interval Training. Training on and off the bike.

Step – This aerobic workout combines routines done on an aerobic step with abdominal work. Fast paced and fun!

Strength Conditioning Circuit for the Active Older Adults - This class is a combination of strength conditioning on the Nitro Line of Nautilus and cardio.

Tai Chi – A gentle exercise technique described as “meditation in motion.” While standing, perform a series of postures and flowing movements in a slow and graceful manner.

Yoga Flow - Vinyasa means “breath synchronized movement.” Learn to move from one pose to the next on an inhale or exhale.

Yoga Sculpt – Practice sun salutations and yoga poses to work on overall strength and toning.

Zumba® – Latin rhythms and dance steps make this the most fun you've ever had in a group exercise class!

Zumba Gold – Just like the original, Zumba Gold brings Latin moves and music to group exercise – but at a slower pace.

FOR YOUTH DEVELOPMENT

FOR HEALTHY LIVING

FOR SOCIAL RESPONSIBILITY

