



Fall Group Exercise Schedule

Schedule runs for remainder of the year

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
PR #1	Alt Location	PR #1	Alt Location	PR #1	Alt Location	PR #1	Alt Location	PR #1	Alt Location	PR #1	PR #1
6:00-7:00 Spin Richard		6:00 - 7 :00 Body Fit Tom		6:00 - 7:00 Spin Richard		6:00 -7:00 Body Fit Tom		6:00 - 7:00 Spin Richard		7:00 - 8:00 Spin Michelle	
8:00 - 9:00 Tai Chi Herbert				8:00 - 9:00 Tai Chi Herbert						8:00 - 9:00 Yoga Sharon	
9:30 - 10:30 Step n' Sculpt Carey	9:00- 9:45 Tini Yogini PR #2 Ann	9:00 - 10:00 ZUMBA Stephanie		9:00 - 10:00 Punk Rope Deb		9:00 - 10:00 Pedal n' Pump Deb	9:00 - 9:45 Budding Buddahs PR #2 Linda	9:00 - 10:00 Body Fit Tom		9:00 - 10:00 Family Punk Rope Cancelled Until Dec 4th	
10:30 - 11:30 Strength n'Tone Stephanie	10:00-10:45 Budding Buddahs PR # 2 Ann	10:00 - 11:00 TBC Karen	10:15 - 11:00 Pilates PR #4 New Instructor	10:00 - 11:00 Strength n'Tone Deb		10:00 - 11:00 TBC Karen		10:00 - 11:00 ZUMBA Stephanie	10:15 - 11:00 Pilates PR #4 New Instructor		
				11:00 - 11:30 Speedy Spin Deb/ Kerry				11:00 - 12:00 Gentle Yoga Anne			
			4:00 - 4:55 Budding Buddahs PR #2	4:00 - 4:55 Youthful Yogies		4:00- 4:30 All Abs Tom		<p align="center">Health and Wellness Notes:</p> <p align="center">This fall, we are excited to offer you MORE classes, NEW classes & NEW instructors.</p> <p align="center">These additions and changes are highlighted with a checkerboard box throughout the schedule. Be sure to attend any of these to CHANGE your body by changing your routine, CHALLENGE yourself physically and mentally & LEARN new and exciting ways to exercise.</p> <ul style="list-style-type: none"> Classes with consistently less than 4 people will be cancelled. 			
		4:30 - 5:30 Spin Deb		5 - 5:45 Express Spin Valerie		4:30-5:30 Spin Valerie					
5:30 - 6:30 20/20/20 Renee		5:30 - 6:00 All Abs Deb		5:45 - 6:30 Express Punk Rope Tom		5:30 - 6:30 ZUMBA Jen					
6:30 - 7:30 Spin Deb	6:30- 7:30 Yoga PR #3 Ann	6:00 - 7:00 ZUMBA Jan		6:30 - 7:30 Yoga Susan		6:30 - 7:30 Step n' Sculpt Renee	6:30- 7:30 Yoga PR #3				
		7:00 - 8:00 Kick n' Tone Jaime									

Classes in RED are CARDIO classes. Recommended every-day !

Classes in BLUE are STRENGTH classes. 2-3 times a week.

Classes shown in GREEN are combined STRENGTH and CARDIO. These are a great way mix it up and get both done !

Classes shown in YELLOW are YOGA and TAI CHI. Recommended everyday for flexibility, stress and injury prevention.

Classes shown in GREY are FEE BASED. Information about them can be found in our program guide.

Group Exercise Class Descriptions

20/20/20- This mix of low impact aerobics, muscle toning, stretching and abdominal work will be sure to burn those calories having a blast!

Body Fit- A unique training methodology based on cross training principles. By using constantly varied, high intensity functional movements, you will become leaner, fitter and more durable in the real world. No matter what your current fitness level, this class will allow you to achieve more, in less time.

Kick n' Tone- Fun packed athletic kickboxing class will focus on proper execution of basic kickboxing drills combined with toning exercises and abdominal work for a complete workout.

Punk Rope- A playful cross between recess and boot camp, which combines rope jumping, creative calisthenics, cooperative activities, relay races and core training.

Tai Chi- Traditional Chinese exercise that involves the spirit, mind & body.

TBC or Total Body Conditioning- a combo of strength training & core conditioning. Proper body alignment and correct techniques will be taught for all exercises with low weights and bands.

Spinning- Come sweat it up on one of our spinning bikes to your favorite music. Class will certainly get your heart rate pumping and burn those calories. Intensity can be adapted for ANY level!

Xpress spinning is a 45minute class. Spedy Spin is a quick cardio blast for 30 minutes.

Pedal and Pump- This is a 55 minute class that will combine spin with strengthening exercises. Great for all levels of participants to get cardio and strength in one shot!

Step- Challenge yourself to stay fit with this high energy step class. Class involves step aerobic combinations to keep your heart rate elevated.

Step n' Sculpt- This energetic class incorporates strength training segments within the aerobic portion of class. After a 10 minute warm-up/stretch, members will participate in intervals of step aerobic routines and muscle conditioning exercises . Class concludes with a 5 minute cool down and stretching.

Strength-N-Tone- This class is for all levels of fitness. A muscle conditioning class that incorporates strength and toning muscles of the whole body.

Yoga- Classes consist of classic yoga exercises modified for class comfort and intensity level.

Gentle Yoga is a great introduction to yoga poses and meditation. Enjoy the stretching benefits **Power Yoga** is a more intense class that flows between postures to stretch and strengthen. Class meets for 1.5 hours.

Zumba- is a fusion of Latin and International music - dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Haverhill YMCA

81 Winter Street

Haverhill, MA 01830

www.northshoremca.org

Hours of Operation

Monday-Friday

5:00 am to 9:30 pm

Saturday

6:00 am to 8:00 pm

Sunday

8:00 am to 4:00 pm

Babysitting Hours

(free with family membership)

Monday-Friday

8:45 am-2:00 pm

Mon, Wed, Thurs

3:30 pm-7:30 pm

Tuesday

3:30 pm - 8:00 pm

Saturday

9:00 am-12:00 pm

Sunday

9:30 - 12:00 pm

Questions or comments

about this schedule?

Contact:

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