

Member *Benefits*

HAVERHILL YMCA

Y GROUP EXERCISE™

We build strong kids, strong families, strong communities.

Schedule
March
1 - 31

Sunday

9:30-10:15 am Xpress Spinning
P.R. 1 w/ Kerry

10:30-11:25 am Power Yoga
P.R.1 w/ Kerry

Monday

6:00-6:55 am Spinning
P.R. 1 w/Richard

7:00-7:55am Wake-up Yoga
P.R. 1 w/ Sharon

8:00- 8:55 am Tai Chi
P.R. 1 w/ Herbert

9:30-10:25 am Step Interval
P.R. 1 w/ Carey

10:30--11:25 am Stretch N Tone
P.R. 1 w/ Kerry

5:30-6:25 pm 20/20/20
P.R. 1 w/ Renee

6:30-7:30 pm Spinning
P.R. 1 w/Deb

6:30-7:30 pm Hatha Yoga
P.R. 3 w/ Christie

Tuesday

9:00-9:55 am Zumba
P.R. 1 w/ Stephanie

10:00-11:00 am Total Body Cond.
P.R. 1 w/ Karen

11:15-12:00 pm Gentle Yoga
P.R. 1 w/ Kerry

4:45-5:40 pm Spinning
P.R. 1 w/ Deb

5:45-6:30 pm Xpress Zumba
P.R. 1 w/ Christie

6:35-7:30 pm Step
P.R. 1 w/ Renee

Wednesday

6:00-6:55 am Spinning
P.R. 1 w/ Richard

7:00-7:45 am Wake-up Yoga
P.R. 1 w/ Christie

8:00-8:55 am Tai Chi
P.R. 1 w/ Herbert

9:15-10:00 am Hips, Butts & Gutts
P.R.1 w/ Deb

10:00-11:00 am Senior Fitness
P.R. 1 w/ Deb

12:00-12:45 pm Xpress Spinning
P.R. 1 w/ Stephanie

5:00-5:55 pm Yoga Flow
P.R. 1 w/ Christie

6:00-6:55 pm Kick and Tone
P.R. 1 w/ Kerry

Thursday

9:00-9:55 am Pedal & Pump
P.R. 1 w/ Deb

10:00-11:00 am Total Body Cond.
P.R. 1 w/ Karen

11:00-11:55 am Hatha Yoga
P.R. 1 w/ Kerry

4:00-5:00 pm Spinning
P.R. 1 w/ Kerry

5:00-5:45 pm Total Body Cond.
P.R. 1 w/ Kerry

5:45-6:30 pm Xpress Zumba
P.R. 1 w/ Christie

6:30-7:30 pm Hatha Yoga
P.R. 3 w/ Christie

6:30-7:30 pm Circuit Training
P.R. 1 w/ Renee

Friday

6:00-6:55 am Spinning
P.R. 1 w/ Richard

9:00-9:55 am Total Body Cond.
P.R. 1 w/ Karen

10:00-10:55 am Zumba
P.R. 1 w/ Stephanie

11:00 -11:55 am Gentle Yoga
P.R. 1 w/ Kerry

12:00-12:45 pm Xpress Spinning
P.R. 1 w/ Sue

Saturday

7:00-7:55 am Spinning
P.R. 1 w/ Michelle

8:00-8:45 am Wake-up Yoga
P.R. 1 w/ Sharon

9:00-9:55 am Kick and Tone
P.R. 1 w/ Lea

Group Exercise Notes

Class changes are indicated in **YELLOW.**

Friday Wake-up Yoga was taken off the schedule due to low attendance.

Classes with less than 4 regular participants may be changed or cancelled.

Member Benefits

Haverhill YMCA

Program 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!

Hips, Butts & Gutts- A 45- minute toning class that focuses on strength for the abdomen, back, gluteals and thighs. Fun for all levels!

Kick and Tone- This fun-packed rhythmic kickboxing class will focus on proper execution of basic kickboxing drills followed with 25 min. of toning exercises and abdominal work for a complete workout.

Circuit Training- Variety is the key and this class has variety. Rotating through different exercises keeps your heart pumping and muscles working.

Gentle Yoga- A great introductory yoga class that will prepare you for advanced yoga classes.

Power Yoga- This is an intermediate level yoga class that will push your strength, flexibility and balance skills. Prepare to sweat.

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

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

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.

Senior Fitness- This class is for all levels of fitness. Low impact aerobics begin this class followed by 30 minutes of strength exercises and ending with light stretches.

Program Descriptions

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. Normally spinning is 55 minutes.**

Pedal and Pump- This is a 55 minute class that will combine approximately 30 minutes of spin with 20 minutes of 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 that heart rate elevated.

Step Interval- 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 for 4-6 minutes and muscle conditioning exercises using hand weights, resistance bands, etc. for 1-2 minutes. Class concludes with a 5 minute cool down and stretching.

Stretch-N-Tone- Create a longer, leaner physique using a traditional dancer's workout followed by a relaxing stretch.

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

Yoga Flow- this is a unique yoga class where each yoga pose flows into the next.

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.

*****Xpress Zumba is a 45min. Regular**

Haverhill YMCA

81 Winter Street
Haverhill, MA 01830
www.northshoreymca.org

Hours of Operation

Monday-Friday

5:00 am to 10:00 pm

Saturday

6:00 am to 8:00 pm

Sunday

8:00 am to 5:00 pm

Babysitting Hours

(free with family membership)

Monday-Friday

8:45 am-2:00 pm

Monday-Friday

3:30 pm-7:30 pm

Saturday

9:00 am-12:00 pm

Sunday

9:30 am-Noon

Questions or comments about this schedule?

Contact:

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Go to www.northshoreymca.org for Group Exercise, Pool schedule, Gym schedules and more!