
























## Group Fitness Schedule January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Life Energy Yoga 8:30-9:30 Stephanie Wellness Studio	 9:00-10:00 Jen C. Main Hall	Life Energy Yoga 8:30-9:30 Stephanie Wellness Studio			Martial Arts All ages/ranks 8:00-9:00 Paul Activity Room
 9:00-10:00 Brandy Gym	 10:15-11:15 Brandy Wellness Studio	 9:00-10:00 Brandy Activity Room	 9:00-10:00 Caroline Main Hall	 9:00-9:45 Sue Main Hall	<div style="border: 1px solid red; padding: 2px;"><b>Strength Train Together</b></div> 8:30-9:30 Kristina Main Hall
 9:00-10:00 Caroline Main Hall		Silver Sneakers 10:30-11:15 Brandy Gym	 10:15-11:15 Kris Wellness Studio	<div style="border: 1px solid orange; padding: 2px;"><b>Core Focus Together</b></div> 9:45-10:15 Sue Main Hall	Martial Arts Nano Ninjas 9:00-9:30 Paul Activity Room
Silver Sneakers 10:30-11:15 Caroline Gym		<div style="border: 1px solid orange; padding: 2px;"><b>Core Focus Together</b></div> 12:10-12:40 Lynne Main Hall		Silver Sneakers 10:30-11:15 Caroline Gym	 9:45-10:30 James Indoor Cycling
<div style="border: 1px solid orange; padding: 2px;"><b>Core Focus Together</b></div> 12:10-12:40 Lynne Main Hall	 AT THE YMCA 3:30-4:45 Vickie Wellness Studio		 AT THE YMCA 3:30-4:45 Vickie Wellness Studio	 12:00-12:45 Indoor Cycling Dan	Martial Arts All ages/ranks 10:00-11:00 Paul Main Hall
 5:30-6:30 Jen P. Wellness Studio	<div style="border: 1px solid orange; padding: 2px;"><b>Core Focus Together</b></div> 5:00-5:30 Sue Main Hall		 4:30-5:00 5:00-5:30 Amanda		Yoga Kelsey 10:00-11:00 Activity Room
<div style="border: 1px solid red; padding: 2px;"><b>Strength Train Together</b></div> 5:30-6:30 Mark Main Hall	 5:30-6:15 Sue Main Hall	 5:30-6:15 Indoor Cycling Chris Lake	 5:30-6:15 Sue Main Hall		
 6:30-7:30 Brandy Activity Room	 5:30-6:30 Brandy Activity Room	Shakti Yoga 6:30-7:45 Caitlin Activity Room (starting 1/9)	<div style="border: 1px solid red; padding: 2px;"><b>Strength Train Together</b></div> 6:30-7:30 Kristina Main Hall		<b>Martial Arts Classes are an additional charge. Please see front desk for details</b>
 6:45-7:15 Indoor Cycling Express Mark B	 6:30-7:30 Andy Main Hall		Gentle Yoga 6:30-7:30 Brandy Activity Room		
Martial Arts 7:00-8:00 All Ages/Ranks Main Hall		Martial Arts 7:00-8:00 Advanced Class Main Hall		Martial Arts 7:00-8:00 All Ages/Ranks Main Hall	



# Water Fitness Schedule January 2019

Just \$20 FEE PER 8 WEEK SESSION for Y Members

Monday	Tuesday	Wednesday	Thursday	Friday
	Hydro (shallow & deep) 9:00-9:45 Dee	Aqua Zumba 9:00-9:45 Jen	Hydro (shallow & deep) 9:00-9:45 Dee	
Swimnastics 11:30-12:00 Dee		Swimnastics 11:30-12:00 Dee		Swimnastics 11:30-12:00 Dee
	Hydro (shallow & deep) 6:30-7:15 Kathy		Hydro (shallow & deep) 6:30-7:15 Kathy	

In December, we added a new 16 week session of Enhance Fitness which is geared toward those with Arthritis and those in need of Falls Prevention. For more information contact Heidi: [htatro@ymcaathol.org](mailto:htatro@ymcaathol.org)

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**Non-Members can try any of our fitness classes...Free!! January 7<sup>th</sup>- 18<sup>th</sup>**

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\* Check out our Community Outreach Offerings

Monday	Tuesday	Wednesday	Thursday	Friday
Petersham COA 10:30-11:30 Betsy	Athol COA 10:30-11:30 Matt		Athol COA 10:30-11:30 Kris	Petersham COA 10:30-11:30 Betsy
	Hiking Group With Jean Stone Leave from Y @ 9:00 am			

\*\*\*Fees for COA classes: Athol COA \$2/class \*\* Petersham COA classes \$3/class

