



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ANDOVER/NORTH ANDOVER YMCA GROUP EXERCISE SCHEDULE

EFFECTIVE May 9, 2022

	Studio 1			Studio 2			Studio 3			Virtual		
Sunday				8:00-8:45a	Spin 45	Paula	8:00-8:45a	Zumba	Lori	9:15-10:00a	Cardio & Strength	Catherine
	9:00-9:45a	Kickboxing w/Bags	Lori	9:15-10:00a	Spin 45	Emily	9:00-9:45a	Boot Camp	Emily	10:15-11:00a	Pilates	Roni
							10:00-11:00a	Yoga 2	Chloe			
Monday	5:45-6:30a	TRX	Micheline	5:30-6:15a	Spin 45	Emily F	8:00-8:45a	Cardio Fusion	Lori	8:15-9:00a	Barre	Martha
	8:30-9:15a	Barre	Sherry	9:15-10:00a	Spin 45	Pam	9:00-9:45a	Cardio Kickboxing	Lori	10:15-11:15a	Chair Yoga	Mary Ann
	9:30-10:15a	Yoga 2	Crystal	12:00-12:45p	Spin 45	Sherry	10:00-11:00	Zumba Gold	Dawn			
	4:30-5:15p	Strength Training	Maura				5:00-5:45p	Dance Fitness	Lori			
	5:30-6:00p	Core	Maura	6:00-6:45p	Spin 45	Kathleen	6:00-6:45p	Lift	Amy			
	6:15-7:00p	TRX	Maura				7:00-7:45p	Restorative Yoga	Crystal			
Tuesday	9:00-9:45a	Dance Fitness	Lori	5:45-6:30a	Spin 45	Beth	6:00-6:45a	Kettlebells	Amy			
				8:30-9:15a	Spin 45	Marcy	9:00-10:00a	Yoga 2	Crystal	9:15-10:00a	Strength Training	Martha
							10:15-11:00a	Lift	Amy			
	5:00-5:45p	Fluid Strength Fusion	Catherine				5:00-5:45p	Barre	Martha			
	6:00-6:45p	TRX	Emily O	6:00-6:45p	Spin 45	Martha	6:00-6:45p	HIIT	Amy			
Wednesday	5:45-6:30a	TRX	Amy	6:00-6:45a	Spin 45	Pam	8:00-8:45a	Pilates	Pam			
	8:00-8:45a	Strength Training	Dale				9:00-9:45a	Yoga 2	Patty			
	9:00-9:45a	HIIT	Pam	9:15-10:00a	Spin 45	Lori	10:00-11:00a	Interval Training	Chuck	9:15-10:00a	Barre	Martha
							12:30-1:30p	Ageless	Dawn			
	5:15p-6:00p	Kickboxing w/Bags	Catherine	4:45-5:30p	Spin 45	Emily	5:00-5:45p	Zumba	Lori			
	6:15p-7:15p	Yoga 2	Chloe				6:00-6:45p	Kettlebells	Martha			
Thursday				5:45-6:30a	Spin 45	Sue	5:45-6:30a	HIIT	Emily O			
	9:15-10:00a	Strength Training	Chuck	8:30-9:15a	Spin 45	Sherry	8:00-8:45a	Cardio Fusion	Lori	8:00-8:45a	Ageless	Dawn
							9:15-10:00a	Row Intervals	Maura	9:15-10:00a	Strength Training	Chuck
							10:15-11:00a	Line Dancing	Sherry			
	6:15-7:00p	Abs, Butt and Core	Kathleen	6:00-6:45p	Spin 45	Martha	5:00-5:45p	BOSU	Amy			
	7:00-7:30p	Stretching	Kathleen				6:00-6:45p	Cardio Mix	Maura			
Friday	7:45-8:15a	Strength Training	Dale	6:00-6:45a	Spin Strength	Pam	8:00-8:45a	Tabata	Pam			
	9:15-10:00a	TRX	Maura	9:15-10:00a	Spin 45	Marcy	9:15-10:00a	Fluid Strength Fusion	Carrie	10:15-10:45a	Core	Maura
	10:15-10:45a	Core	Maura	4:45	Spin 45	Emily F.	10:15-11:00a	Yoga 1	Crystal	12:00-1:00p	Zumba Gold	Dawn
	12:00-12:45p	Bootcamp	Crystal	4:45-5:30p	Spin 45	Emily F						
	5:45-6:30p	TRX	Emily F									
Saturday	9:30-10:15a	TRX	Roni	7:00-7:45a	Spin 45	Emily F	8:00-8:45a	Kettlebells	Martha			
	10:30-11:15a	Kickboxing w/Bags	Amy	9:00-9:45a	Spin 45	Martha	9:00-10:15a	Yoga 3	Joe			
							10:30- 11:00a	Strength Training	Roni			