



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Andover/North Andover YMCA Group Exercise Schedule

	Studio 1			Studio 2 (Spinning Studio)			Studio 3			Virtual		
Sunday	8:30-9:15a	Strength Training	Natalia	8:00-8:45a	Spin 45	Paula	8:00-8:45a	Zumba	Tallie	9:15-10:00a	Cardio and Strength	Catherine
				9:15-10:00a	Spin 45	Emily F	9:00-9:45a	Boot Camp	Emily O	10:15-11:00a	Pilates	Roni
							10:00-11:00a	Vinyasa	Chloe			
Monday	5:45-6:30a	Strength Training	Micheline	5:30-6:15a	Spin 45	Natalia	8:00-8:45a	Cardio Fusion	Nichole	8:15-9:00a	Barre	Martha
	8:30-9:15a	Barre	Sherry	7:00-7:45a	Spin 45	Nichole	9:00-9:45a	Cardio Kickboxing	Carrie	10:15-11:15a	Chair Yoga	Mary Ann
	9:30-10:15a	Vinyasa	Crystal	9:15-10:00a	Spin 45	Pam	10:00-11:00	Zumba Gold	Dawn			
	4:30-5:15p	Strength Training	Maura	11:30-12:25p	Spin Abs	Sherry	5:00-5:45p	Dance Fitness	Lori			
	5:30-6:00p	Core	Maura	6:00-6:45p	Spin 45	Katheen	6:00-6:45p	Lift	Crystal			
	6:15-7:00p	TRX	Maura				7:00-8:00p	Restorative Yoga	Crystal			
Tuesday				5:45-6:30a	Spin 45	Beth	6:00-6:45a	Strength Power Circuit	Natalia			
	8:30-9:15a	Interval Training	Sue	8:30-9:15a	Spin 45	Marcy	9:00-10:00a	Vinyasa Flow	Crystal	8:15-10:00a	Strength Training	Martha
	9:30-10:15a	Barre	Carrie	10:00-10:45a	Spin 45	Denise	10:15-11:00a	Lift	Sue			
							4:30-5:15p	Fluid Strength Fusion	Catherine			
	5:00-5:45p	Barre	Martha				5:30-6:15p	Row Intervals	Catherine			
	6:00-6:45p	Zumba	Michelle	6:00-6:45p	Spin 45	Martha	6:30-7:15p	Strength Training	Roni			
Wednesday	5:45-6:30a	TRX	Micheline	6:00a-6:45a	Spin 45	Pam	7:00-7:45a	Boot Camp	Micheline			
	8:00-8:45a	Pilates	Pam				8:30-9:15a	Strength Training	Sherry			
	9:00-9:45a	TRX	Pam	9:15-10:00a	Spin 45	Carrie	9:30-10:15a	Hatha Yoga	Patty	8:15-10:00a	Barre	Martha
	10:00-10:55a	Interval Training	Chuck				12:30-1:30p	Agelss	Dawn			
	5:15-6:00p	Kickboxing w/ Bags	Catherine	4:45-5:30p	Spin 45	Nichole	5:00-5:45p	Zumba	Michelle			
	6:15-7:15p	Vinyasa	Chloe	6:00-6:45p	Spin 45	Natalia	6:00-6:45p	Kettlebells	Martha			
Thursday	7:30-8:15a	TRX	Micheline	5:45-6:30a	Spin 45	Sue	6:00-6:45a	Sunrise Yoga	Lora			
	8:30-9:00a	Core & Stretch	Micheline									
	9:15-10:00a	Row Intervals	Maura	8:30-9:15a	Spin 45	Sherry	8:00-8:45a	Zumba	Dawn			
							9:15-10:00a	Strength Training	Chuck	9:15-10:00a	Strength Training	Chuck
							10:15-11:00a	Hatha Yoga	Deb			
	6:15-7:00p	Abs, Butt, and Core	Kathleen	6:00-6:45p	Spin 45	Martha	5:00-5:45p	BOSU	Kathleen			
7:00-7:30p	Stretching	Kathleen				6:00-6:45p	Cardio Mix	Maura				
Friday	8:00-8:45a	Strength Training	Marcy	6:00-6:45a	Spin 45	Pam	8:00-8:30a	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				10:15-11:00a	Yoga Foundations	Crystal			
	11:30-12:30p	Power Yoga	Crystal				12:00-12:45p	Zumba Gold	Dawn			
							4:30-5:15p	Interval Training	Chuck			
Saturday	8:30-9:15a	Pilates	Roni	7:00-7:45a	Spin 45	Alternating	8:00-8:45a	Kettlebells	Martha			
	9:30-10:15a	TRX	Roni	9:00-9:45a	Spin 45	Martha	9:00-10:15a	Vinyasa	Soki			
							10:30- 11:15a	Strength Training	Roni			

Andover/North Andover YMCA | 978-685-3541 | www.mvymca.org

Pre-registration for Studio classes is required. For registration details please visit <https://www.mvymca.org/classes-schedules/andover-group-exercise-schedule>

Guidelines: Age 13 w/parent in the same class, Age 16+ without. Underage 13 is not permitted.

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