



## Westerly-Pawcatuck Branch

July 21st - August 31st

95 High Street  
Westerly, RI 02891  
4015962894

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>5am</b>	<b>Open Gym</b> Gymnasium N/A . 5am - 6:30am	<b>Open Gym</b> Gymnasium N/A . 5am - 7:45am	<b>Open Gym</b> Gymnasium N/A . 5am - 9am	<b>Spin</b> Spin Room Dana H 5:30am - 6:15am	<b>Open Gym</b> Gymnasium N/A . 5am - 6:30am		
		<b>Spin</b> Spin Room Ann . 5:30am - 6:15am		<b>Spin</b> Gymnasium Dana H 5:30am - 6:15am			
<b>6am</b>		<b>TRX</b> Studio B Kathleen H 6:30am - 7:15am		<b>Open Gym</b> Gymnasium N/A . 6:30am - 9am		<b>Open Gym</b> Gymnasium N/A . 6am - 5pm	
<b>7am</b>	<b>Stretch and Go</b> Gymnasium Gerry M 7am - 7:45am		<b>Stretch and Go</b> Studio B Gerry M 7am - 7:45am		<b>Stretch and Go</b> Gymnasium Gerry M 7am - 7:45am	<b>Yoga</b> Studio A Rotating Instructors 7:45am - 8:45am	
<b>8am</b>	<b>Open Gym</b> Gymnasium N/A . 8am - 9:45am	<b>Silver Sneakers 2</b> Studio A Gerry M 8am - 8:45am	<b>Tai Chi</b> Studio A Onassis P 8:15am - 9am	<b>Spin</b> Spin Room Polly C 8:15am - 9am	<b>Silver Sneakers 2</b> Studio A Gerry M 8am - 8:45am	<b>Spin</b> Spin Room Rotating Instructors 8:15am - 9am	
	<b>Tai Chi</b> Studio A Onassis P 8:15am - 9am	<b>Spin</b> Spin Room Diane M 8:15am - 9am	<b>Spin</b> Spin Room Trish L 8:15am - 9am		<b>Spin</b> Spin Room Diane M 8:15am - 9am	<b>Step and Sculpt</b> Studio A Audrey . 8:30am - 9:15am	
	<b>Spin</b> Studio A Trish L 8:15am - 9am						
<b>9am</b>	<b>Restorative Flow</b> Studio A Annie C 9:15am - 10:15am	<b>Open Gym</b> Gymnasium N/A . 9am - 8pm	<b>Pilates</b> Gymnasium Polly C 9:15am - 10am	<b>Boot Camp</b> Studio A Tara P 9:15am - 10am	<b>Pilates Plus (Weights)</b> Gymnasium Polly C 9:15am - 10am	<b>Zumba</b> Studio A Gerry M 9:30am - 10:15am	<b>Men's Basketball</b> Gymnasium N/A . 9am - 1:15pm
				<b>Yoga</b> Studio A Debbie M 9:15am - 10am			
<b>10am</b>	<b>Silver Sneakers 1</b> Gymnasium Michele G 10am - 10:45am		<b>Open Gym</b> Gymnasium N/A . 10:15am - 5pm	<b>Silver Sneakers 1</b> Studio A Yvonne B 10:30am - 11:15am	<b>Balance and Boxing</b> Studio A Polly C 10:15am - 11am		
			<b>Pedaling 4 Parkinsons</b> Spin Room Polly C 10:15am - 11am				
<b>11am</b>	<b>Open Gym</b> Gymnasium N/A . 11am - 8pm			<b>Open Gym</b> Gymnasium N/A . 11:30am - 4:45pm	<b>Open Gym</b> Gymnasium N/A . 11:15am - 8pm		
<b>12pm</b>			<b>Zumba Gold</b> Studio A Yvonne B 12pm - 12:45pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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	MON	TUE	WED	THU	FRI	SAT	SUN
1pm							<b>Open Gym</b> Gymnasium N/A . 1:30pm - 5pm
4pm	<b>Body Sculpt</b> Studio B Sandy W 4pm - 4:45pm	<b>Barre</b> Studio B Mary Ellen S 4pm - 4:45pm		<b>TRX</b> Studio B Sandy W 4:30pm - 5:15pm			
		<b>core &amp; more</b> Studio A Audrey . 4:45pm - 5:30pm					
5pm	<b>TRX</b> Studio B Sandy W 5pm - 5:45pm	<b>Step</b> Studio B Jenny D. 5:30pm - 6:15pm	<b>Mens Slowbreak</b> Gymnasium N/A . 5pm - 7:15pm	<b>Basketball Clinic</b> Gymnasium N/A . 5pm - 7:15pm			
			<b>Spin</b> Spin Room Kathleen H 5:30pm - 6:15pm	<b>Triple Threat Bootcamp</b> Studio B Jenny D. 5:30pm - 6:15pm			
			<b>Strength</b> Studio B Jenny D. 5:30pm - 6:15pm				
6pm	<b>Zumba</b> Studio B Jill B 6:15pm - 7pm						
7pm				<b>Open Gym</b> Gymnasium N/A . 7:30pm - 8pm			

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