

# Wellness Classes

WINTER TERM January 2nd-February 24th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Strength Training</b> Mary Ellen 5:30-6:15 AM	<b>TRX</b> Suspension Training Kathleen 7:00-7:45 AM	<b>HIIT Strength</b> Emily 6:00-6:45 AM	<b>Boot Camp</b> Jenny 5:30-6:15 AM	<b>TRX</b> Suspension Training Mary Ellen 5:30-6:15 AM	<b>Vinyasa Yoga</b> Sarah 7:00-8:15 AM	<b>Cardio Sculpt</b> Jenny 8:30-9:30 AM
<b>Stretch &amp; Go</b> Gerry 7:00-7:45 AM	<b>Vinyasa Yoga</b> Cortney 7:00-7:45 AM	<b>Stretch &amp; Go</b> Gerry 7:00-7:45 AM	<b>Mat &amp; Muscle</b> Jenny 7:00-7:45 AM	<b>Cross Conditioning</b> Emily 6:30-7:15 AM	<b>Barre</b> Sarah 8:30-9:30 AM	<b>Vinyasa Yoga</b> Sarah 9:00-10:15 AM
<b>ZUMBA</b> Gerry 7:45-8:30 AM	<b>Barre</b> Polly 8:00-9:00 AM	<b>Bootcamp</b> Tara 8:15-9:00 AM	<b>TRX</b> Suspension Training Kathleen 7:00-7:45 AM	<b>Stretch &amp; Go</b> Gerry 7:00-7:45 AM	<b>Step &amp; Sculpt</b> Audrey 8:30-9:30 AM	<b>ZUMBA</b> Julie 9:45-10:45 AM
<b>Barre</b> Polly 8:00-9:00 AM	<b>L2</b> - Gerry 8:00-9:00 AM	<b>Cardio</b> - Gerry 8:00-8:45 AM	<b>Barre</b> Tina 8:00-9:00 AM	<b>ZUMBA</b> Gerry 7:45-8:30 AM	<b>Pilates</b> Stacey 9:45-10:45 AM	
<b>Cardio</b> - Jenn 8:00-8:45 AM	<b>Anything Goes</b> Jenny 8:15-9:00 AM	<b>Tai Chi</b> Onassis 9:15-10:15 AM	<b>L2</b> - Michele 8:00-9:00 AM	<b>Mat &amp; Muscle</b> Jenny 8:00-9:00 AM	<b>ZUMBA</b> Tina/Julie 9:45-10:45 AM	
<b>Vinyasa Yoga</b> Polly 9:15-10:15 AM	<b>Boot Camp</b> Trish 9:15-10:15 AM	<b>Vinyasa Yoga</b> Connie 9:15-10:15 AM	<b>Butts &amp; Guts</b> Trish 8:15-9:00 AM	<b>L1</b> Polly 8:00-9:00 AM		
<b>Tai Chi</b> Onassis 9:15-10:15 AM	<b>L1</b> - Michele 9:15-10:15 AM	<b>Body Sculpt</b> Polly 9:15-10:15 AM	<b>AB LABI</b> Polly 9:15-9:45 AM	<b>Vinyasa Yoga</b> Connie 9:15-10:15 AM	<b>Studio A</b>	
<b>Total Body Conditioning</b> Diane 9:15-10:15 AM	<b>Gentle Yoga</b> Dino 10:30-11:30 AM	<b>Chair Yoga</b> Alice 9:15-10:15 AM	<b>Kickboxing</b> Annalisa 9:15-10:15 AM	<b>ZUMBA</b> Tina 9:00-10:15 AM	<b>Studio B</b>	
<b>Gentle Pilates</b> Polly 10:30-11:30 AM	<b>L1</b> - Michele 10:30-11:30 AM	<b>Chair Yoga</b> Alice 10:30-11:30 AM	<b>L1</b> - Michele 9:15-10:15 AM	<b>Sculpt &amp; Strength</b> Polly 9:15-10:15 AM	<b>Gymnasium</b>	
<b>ZUMBA</b> Tina 10:30-11:30 AM	<b>L2</b> - Polly 10:30-11:30 AM	<b>Yoga Basics</b> Connie 10:30-11:30 AM	<b>Gentle Yoga/Meditation</b> Sue 10:30-11:45 AM	<b>Gentle Yoga</b> Connie 10:30-11:30 AM	<b>90 High Street</b>	
<b>TRX</b> Suspension Training Martha 4:15-5:15 PM	<b>Guided Meditation</b> Dino 11:30-12:00 PM	<b>ZUMBA</b> Tina 10:30-11:30 AM	<b>L1</b> - Annalisa 10:30-11:30 AM	<b>Punching for Parkinson's</b> 10:30-11:15		
<b>Body Sculpt</b> Sarah 5:30-6:30 PM	<b>TRX</b> Suspension Training Mary Ellen 4:00-4:30 PM	<b>Youth Yoga</b> Sarah 4:00-5:00 PM	<b>L2</b> - Jenn 10:30-11:30 AM	<b>ZUMBA</b> Kelly 4:30-5:30 PM		
<b>Cardio Kickboxing</b> Jenny 5:30-6:15 PM	<b>Pilates Plus</b> Mary Ellen 4:35-5:20 PM	<b>Midtempo Cardio</b> Jenny 5:30-6:30 PM	<b>Pilates Plus</b> Stacey 4:15-5:15 PM	<b>Cross Conditioning</b> Jenn 5:45-6:30 PM		
<b>Yoga Basics</b> Dino 6:45-7:45 PM	<b>ZUMBA</b> Julie 5:30-6:30 PM	<b>Vinyasa Yoga</b> Sheri 5:15-6:15 PM	<b>Barre</b> Stacey 5:30-6:15 PM	<b>Family Taekwondo</b> Andrew 6:35-7:35 PM		
	<b>Step &amp; Sculpt</b> Audrey 5:30-6:30 PM	<b>ZUMBA</b> Julie 6:30-7:30 PM	<b>POUND</b> Sarah 5:30-6:15 PM			
		<b>Strength Training</b> 6:30-7:30 PM Jenny	<b>Boot Camp</b> 6:30-7:30 PM Jenny		For any questions regarding the group exercise classes, please contact Nicole Tenner at (401) 596-2894	

★ Registration required program  
 Ocean Community YMCA  
 95 High Street Westerly, RI 02891  
 P: (401) 596-2894