



Group Exercise Schedule Westerly-Pawcatuck Branch January 2nd - March 31st

95 High Street
Westerly, RI 02891
4015962894

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Spin Spin Room Dana H 5:30am - 6:15am	Spin Spin Room Ann . 5:30am - 6:15am		Spin Spin Room Dana H 5:30am - 6:15am			
6am	Boot Camp Studio B James H 6:30am - 7:15am	TRX Studio B Kathleen H 6:30am - 7:15am	Strength Training Studio B Sandy W 6:30am - 7:15am	TRX Studio B Kathleen H 6:30am - 7:15am			
7am	Stretch and Go Gymnasium Gerry M 7am - 7:45am		Stretch and Go Gymnasium Gerry M 7am - 7:45am		Stretch and Go Gymnasium Gerry M 7am - 7:45am	Yoga Studio A Debbie M 7:45am - 8:45am	
8am	Silver Sneakers 2 Gymnasium Gerry M 8am - 8:45am	Cardio Dance & Tone Gymnasium Gerry M 8am - 8:45am	Silver Sneakers 2 Gymnasium Gerry M 8am - 8:45am	Zumba Studio B Donna . 8am - 8:45am	Silver Sneakers 2 Gymnasium Gerry M 8am - 8:45am	Spin Spin Room Kathleen H 8:15am - 9am	Spin Spin Room Dana H 8:30am - 9:15am
	Aqua Cardio Fuller Pool Grp Ex N/A . 8am - 9am	Essentrics Studio A Heather . 8:15am - 9am	Aqua Cardio Fuller Pool Grp Ex N/A . 8am - 9am	Spin Spin Room Polly C 8:15am - 9am	Aqua Cardio Fuller Pool Grp Ex N/A . 8am - 9am	Boot Camp Studio B Tara P 8:15am - 9am	
	Spin Spin Room Trish L 8:15am - 9am		Spin Spin Room Trish L 8:15am - 9am		Yoga Studio A Trish L 8:15am - 9am		
	Tai Chi Studio B Onassis P 8:15am - 9am		Barre & Balance Studio A Janine P 8:15am - 9am				
			Tai Chi Studio B Onassis P 8:15am - 9am				
9am	Strength Training Gymnasium Sandra W 9am - 9:45am	Spin Spin Room Diane M 9:15am - 10am	Silver Sneakers Splash Buckley Pool Grp Ex Yvonne B 9am - 9:45am	Yoga Studio A Debbie M 9:15am - 10:15am	Zumba Studio B Julie A 9am - 9:45am	Barre Studio A Stacey O 9am - 9:45am	Zumba Studio B Julie A 9am - 10am
	Restorative Flow Studio A Annie C 9:15am - 10:15am	Pilates Gymnasium Polly C 9:15am - 10am	Body Sculpt Gymnasium Polly C 9:15am - 10am	Boot Camp Gymnasium Trish L 9:15am - 10am	Silver Sneakers Splash Buckley Pool Grp Ex Yvonne B 9am - 9:45am	Zumba Studio B Gerry M 9:30am - 10:15am	
	Butts and Guts Studio B Trish L 9:15am - 10am		Vinyasa Yoga Studio A Mary H 9:15am - 10:15am	Spin Spin Room Chris W 9:15am - 10am	Spin Spin Room Trish L 9:15am - 10am		
				AquaZumba Fuller Pool Grp Ex Yvonne B 9:15am - 10:15am	Body Sculpt Gymnasium Polly C 9:15am - 10am		

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
10am	Punch Back @ Parkinson's Studio B Polly C 10:15am - 11am	AM Stretch & Tone Studio B Melinda C 10:15am - 11am	Pedaling 4 Parkinsons Spin Room Polly C 10:15am - 11am	AM Stretch & Tone Studio B Janine P 10:15am - 11am	Silver Sneakers 1 Gymnasium Janine P 10:15am - 11am		Yoga Studio A James H 10am - 11am
		Silver Sneakers 1 Gymnasium Donna . 10:15am - 11am	Chair Yoga Gymnasium Janine P 10:15am - 11am	Silver Sneakers 1 Gymnasium Yvonne B 10:30am - 11:15am	Punch Back @ Parkinson's Studio B Polly C 10:15am - 11am		
11am		Moving for Better Balance Studio A Sandra W 11:15am - 12pm		Moving for Better Balance Studio A Sandra W 11:15am - 12pm	Chair Yoga Gymnasium Janine P 11:15am - 12pm		
12pm		Walking Group Gymnasium Janine P 12pm - 12:45pm		Zumba Gold Studio B Yvonne B 12pm - 12:45pm			
				Walking Group Gymnasium Janine P 12pm - 12:45pm			
4pm	Beginner Spin/ Teens Welcome Spin Room Kathleen H 4:15pm - 5pm		Beginner Spin/ Teens Welcome Spin Room Kathleen H 4:15pm - 5pm	Barre Studio A Janine P 4:30pm - 5:15pm			
	Body Sculpt Studio B Sandy W 4:30pm - 5:15pm		Barre Studio A Sarah S 4:30pm - 5:15pm				
5pm	Spin Spin Room Kathleen H 5:15pm - 6pm	Interval Training Studio B Donna . 5:30pm - 6:15pm	Spin Spin Room Kathleen H 5:15pm - 6pm	Build & Burn Studio B Melissa W 5:30pm - 6:15pm	Family Taekwondo Studio B Andrew . 5:30pm - 6:15pm		
	TRX Circuit Studio B Sandy W 5:30pm - 6:15pm		Essentrics Studio A Heather . 5:30pm - 6:30pm	Pilates Studio A Stacey O 5:30pm - 6:15pm			
6pm	Aqua Cardio Buckley Pool Grp Ex N/A . 6pm - 7pm	Zumba Studio B Julie A 6:30pm - 7:15pm	Aqua Cardio Buckley Pool Grp Ex N/A . 6pm - 7pm	Zumba & Strength Studio B Kelly D 6:30pm - 7:30pm			
	Zumba Studio B Jill B 6:15pm - 7pm	Aqua Flow & Go Buckley Pool Grp Ex N/A . 6:45pm - 7:45pm		Aqua Flow & Go Buckley Pool Grp Ex N/A . 6:45pm - 7:45pm			

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Class Descriptions Westerly-Pawcatuck Branch

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AM Stretch & Tone - Complete your workout with a good stretch to enhance your flexibility, incorporating toning in the Abs, Hips and Glute.

Aqua Cardio - Medium to high intensity water class with light to medium impact. This class will improve flexibility and mobility, tones and strengthen muscles, increases stamina and energy. Participants must be comfortable in shallow and deep water.

Aqua Flow & Go - Formally water walking. This class focuses on improving and enjoying pain-free movement as we gain flexibility, strength, endurance, and balance skills in both shallow and deep ends of the pool. Low impact and for all ages.

AquaZumba - Known as the Zumba "Pool Party", Aqua Zumba gives new meaning to the idea of an invigorating workout. It combines the Latin rhythms and dance steps with a pool workout.

Barre - This workout is a series of movements that strengthen the entire body and insures that no muscle is overlooked. With a combination of functional strength, the core conditioning of Pilates and the flexibility of Yoga.

Barre & Balance - Barre inspired conditioning training & Balance work.

Beginner Spin/ Teens Welcome - Welcome to Spin! Learn how to set up your bike and navigate the bike panel. Teens welcome.

Body Sculpt - A total body class using weights, tubing, body bars, etc.. We work both upper and lower body together to give you a great cardio workout.

Boot Camp - Turn your body into a fat burning machine with cardiovascular conditioning and plyometric drills. Improve your agility, balance, core strength and flexibility while your body is power training and burning fat.

Build & Burn - Strengthen your body while burning calories!

Butts and Guts - This class focuses on training all major muscle groups of the lower body and abdominals! Class will utilize strength equipment and cardio movements.

Cardio Dance & Tone - A lively class incorporating dance and tone movements.

Chair Yoga - Class begins with breathing and centering as students are guided and encouraged to stay connected to the breath and find ease of movement that suits their individual bodies. This class can be don in or out of a chair.

Essentrics - Essentrics is a full body, dynamic workout in which you elongate and strengthen all muscle in the body. This will help with balance, flexibility, functional strength and moving with greater ease. For every age and fitness level.

Interval Training - A mix of cardio and weights to challenge your aerobic capacity. Exercises vary in rates of speed and degree of effort.

Moving for Better Balance - Evidence-based, instructor lead group program designed to help improve strength, balance, flexibility and mobility through slow and therapeutic movements of Tai Chi.

Pedaling 4 Parkinsons - The Pedaling for Parkinson's program is a form of "Forced Exercise" on a bicycle which includes a 10 minute warm up, 30 minute ride and 5 minute cool down.

Pilates - Based on the methods of Joseph Pilates, this class focuses on building core strength and creating a more flexible and balanced body through non-impact exercises.

Punch Back @ Parkinsons's - Class is designed to slow disease progression, improve symptoms, restore function and increase longevity and quality. Circuit style class includes boxing stations to "speed up to slow down" your progression of Parkinsons's.

Restorative Flow - A class that is all about slowing down and opening your body through passive stretching. During the long holds of this practice your muscles are allowed to relax deeply.

Spin - Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. An indoor cycling class set to exciting music tracks and choreographed to provide an excellent workout and improve cardio conditioning.

Strength Training - Looking for the class to get you to the next level of fitness? Look no further! Complete your fitness routine with this class dedicated to resistance training.

Stretch and Go - Combine core strengthening, muscle toning, and flexibility with a healthy dose of fellowship and fun!

Tai Chi - A series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. It promotes serenity through gentle movements-connecting the body and mind.

TRX - The TRX Suspension Trainer is a workout system that leverages gravity and your body weight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise.

TRX Circuit - Workout is designed to keep you moving quickly from one exercise to the next. Exercise will incorporate the use of the TRX and other tools.



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Vinyasa Yoga - A yoga class that strings postures together so that you move from one to another seamlessly to achieve a continuous flow.

Walking Group - Join us for a walk, and talk, through the park. Inclement weather we will walk in the Gym.

Yoga - This class is designed as an introduction to the practice of yoga. Class is focused on developing clear and safe alignment in foundational poses.

Zumba - Come join the party! Zumba fuses Latin rhythm with easy to follow dance moves to create a dynamic fitness program that will blow you away!

Zumba & Strength - Class is part Zumba cardio with weights for strength following