



**Group Exercise Schedule**  
**Westerly-Pawcatuck Branch**  
 September 16th - December 23rd

95 High Street  
 Westerly, RI 02891  
 4015962894

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>5am</b>		<b>Spin</b> Spin Room Ann . 5:30am - 6:15am		<b>Spin</b> Spin Room Dana H 5:30am - 6:15am			
<b>6am</b>	<b>Boot Camp</b> Studio B James H 6:30am - 7:15am	<b>TRX</b> Studio B Kathleen H 6:30am - 7:15am	<b>Strength Training</b> Studio B Sandy W 6:30am - 7:15am	<b>TRX</b> Studio B Kathleen H 6:30am - 7:15am	<b>Boot Camp</b> Studio B James H 6:30am - 7:15am		
		<b>Yoga</b> Studio A James H 6:30am - 7:30am					
<b>7am</b>	<b>Stretch and Go</b> Gymnasium Gerry M 7am - 7:45am		<b>Stretch and Go</b> Gymnasium Gerry M 7am - 7:45am		<b>Stretch and Go</b> Gymnasium Gerry M 7am - 7:45am	<b>Yoga</b> Studio A Debbie M 7:45am - 8:45am	
<b>8am</b>	<b>Silver Sneakers 2</b> Gymnasium Gerry M 8am - 8:45am	<b>Cardio Dance &amp; Tone</b> Gymnasium Gerry M 8am - 8:45am	<b>Silver Sneakers 2</b> Gymnasium Gerry M 8am - 8:45am	<b>Zumba</b> Studio B Donna . 8am - 8:45am	<b>Silver Sneakers 2</b> Gymnasium Gerry M 8am - 8:45am	<b>Strength Training</b> Studio B Janine P 8:15am - 9am	<b>Spin</b> Spin Room Dana H 8:30am - 9:15am
	<b>Spin</b> Spin Room Trish L 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 Polly C 8:15am - 9am	<b>Yoga</b> Studio A Trish L 8:15am - 9am	<b>Spin</b> Spin Room Kathleen H 8:15am - 9am	
	<b>Tai Chi</b> Studio B Onassis P 8:15am - 9am	<b>Essentrics</b> Studio A Heather . 8:15am - 9am	<b>Barre &amp; Balance</b> Studio A Janine P 8:15am - 9am				
			<b>Tai Chi</b> Studio B Onassis P 8:15am - 9am				
<b>9am</b>	<b>Strength Training</b> Gymnasium Sandra W 9am - 9:45am	<b>Body Sculpt</b> Gymnasium Polly C 9:15am - 10am	<b>Pilates</b> Gymnasium Polly C 9:15am - 10am	<b>Boot Camp</b> Gymnasium Trish L 9:15am - 10am	<b>Zumba</b> Studio B Julie A 9am - 9:45am	<b>Barre</b> Studio A Stacey O 9am - 9:45am	<b>Zumba</b> Studio B Julie A 9am - 10am
	<b>Restorative Flow</b> Studio A Annie C 9:15am - 10:15am		<b>Vinyasa Yoga</b> Studio A Mary H 9:15am - 10:15am	<b>Yoga</b> Studio A Debbie M 9:15am - 10:15am	<b>Pilates Plus (Weights)</b> Gymnasium Polly C 9:15am - 10am	<b>Zumba</b> Studio B Gerry M 9:30am - 10:15am	
	<b>Butts and Guts</b> Studio B Trish L 9:15am - 10am				<b>Spin</b> Spin Room Trish L 9:15am - 10am		
<b>10am</b>	<b>Punch Back @ Parkinson's</b> Studio B Polly C 10:15am - 11am	<b>AM Stretch &amp; Tone</b> Studio B Janine P 10:15am - 11am	<b>Pedaling 4 Parkinsons</b> Spin Room Polly C 10:15am - 11am	<b>AM Stretch &amp; Tone</b> Studio B Janine P 10:15am - 11am	<b>Silver Sneakers 1</b> Gymnasium Janine P 10:15am - 11am		<b>Yoga</b> Studio A James H 10am - 11am
		<b>Silver Sneakers 1</b> Gymnasium Donna . 10:15am - 11am	<b>Chair Yoga</b> Gymnasium Janine P 10:15am - 11am	<b>Silver Sneakers 1</b> Gymnasium Yvonne B 10:30am - 11:15am	<b>Punch Back @ Parkinson's</b> Studio B Polly C 10:15am - 11am		

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
11am		<b>Moving for Better Balance</b> Studio A Sandra W 11:15am - 12pm		<b>Moving for Better Balance</b> Studio A Sandra W 11:15am - 12pm	<b>Chair Yoga</b> Gymnasium Janine P 11:15am - 12pm		
12pm		<b>Walking Group</b> Gymnasium Janine P 12pm - 12:45pm	<b>Zumba Gold</b> Studio B Yvonne B 12pm - 12:45pm				
1pm				<b>Walking Group</b> Gymnasium Janine P 1pm - 1:45pm			
3pm			<b>Youth &amp; Teen Yoga</b> Studio A James H 3pm - 3:45pm				
4pm	<b>Teen Spin</b> Spin Room Kathleen H 4:15pm - 5pm		<b>Teen Spin</b> Spin Room Kathleen H 4:15pm - 5pm	<b>Barre</b> Studio A Janine P 4:30pm - 5:15pm			
	<b>Body Sculpt</b> Studio B Sandy W 4:30pm - 5:15pm		<b>Barre</b> Studio A Sarah S 4:30pm - 5:15pm	<b>Beginner TRX</b> Studio B Sandy W 4:30pm - 5:15pm			
5pm	<b>Spin</b> Spin Room Kathleen H 5:15pm - 6pm	<b>Interval Training</b> Studio B Donna . 5:30pm - 6:15pm	<b>Spin</b> Spin Room Kathleen H 5:15pm - 6pm	<b>Build &amp; Burn</b> Studio B Melissa W 5:30pm - 6:15pm	<b>Family Taekwondo</b> Studio B Andrew . 5:30pm - 6:15pm		
	<b>TRX Circuit</b> Studio B Sandy W 5:30pm - 6:15pm		<b>POUND</b> Studio B Sarah S 5:30pm - 6:15pm	<b>Pilates</b> Studio A Stacey O 5:30pm - 6:15pm			
			<b>Essentrics</b> Studio A Heather . 5:30pm - 6:30pm				
6pm	<b>Zumba</b> Studio B Jill B 6:15pm - 7pm	<b>Zumba</b> Studio B Julie A 6:30pm - 7:15pm		<b>Zumba &amp; Strength</b> Studio B Kelly D 6:30pm - 7:30pm			
		<b>Yoga</b> Studio A Emma . 6:30pm - 7:30pm					

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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.
- 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 TRX** - Learn to use the TRX Suspension Trainer. TRX levers gravity and your body weight to perform hundreds of exercises.
- 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.
- POUND** - An interactive cardio jam session using lightly weighted drumsticks.
- 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.
- Teen Spin** - Spin class for ages 10-18. Instructor lead class with virtual screen.
- 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.
- 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.



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**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.

**Youth & Teen Yoga** - Yoga designed for those in grade 6-12 to encourage exercise & wellness. Class incorporates yoga postures, breathing exercises and a mind focus to improve balance, strength and flexibility.

**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