



Group Exercise Schedule
Westerly-Pawcatuck Branch
 June 20th - August 21st

95 High Street
 Westerly, RI 02891
 4015962894

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|-------------|--|--|--|--|--|--|---|
| 5am | | 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 | Boot Camp Studio B James H 6:30am - 7:15am | | |
| | | Yoga Studio A James H 6:30am - 7:30am | | | | | |
| 7am | Stretch and Go Gymnasium Gerry M 7am - 7:45am | | Stretch and Go Gymnasium Gerry M 7am - 7:45am | Pilates Studio A Joanie F 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 | Silver Sneakers 2 Gymnasium Gerry M 8am - 8:45am | Cardio Dance & Tone 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 |
| | Spin Spin Room Trish L 8:15am - 9am | Spin Spin Room Diane M 8:15am - 9am | Spin Spin Room Trish L 8:15am - 9am | Spin Spin Room Polly C 8:15am - 9am | Yoga Studio A Trish L 8:15am - 9am | Strength Training Studio B Janine P 8:15am - 9am | |
| | Tai Chi Studio B Onassis P 8:15am - 9am | | Tai Chi Studio B Onassis P 8:15am - 9am | | | | |
| | | | Barre & Balance Studio A Janine P 8:15am - 9am | | | | |
| 9am | Strength Training Gymnasium Sandra W 9am - 9:45am | Body Sculpt Gymnasium Polly C 9:15am - 10am | Pilates Gymnasium Polly C 9:15am - 10am | Boot Camp Gymnasium Trish L 9:15am - 10am | 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 | | | Yoga Studio A Debbie M 9:15am - 10:15am | Pilates Plus (Weights) Gymnasium Polly C 9:15am - 10am | Zumba Studio B Gerry M 9:30am - 10:15am | |
| | Butts and Guts Studio B Trish L 9:15am - 10am | | | | Spin Spin Room Trish L 9:15am - 10am | | |
| 10am | Punch Back @ Parkinson's Studio B Polly C 10:15am - 11am | AM Stretch & Tone Studio B Janine P 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 | | |

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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|------|--|--|---|--|--|-----|-----|
| 12pm | | | Zumba Gold Studio B Yvonne B 12pm - 12:45pm | | | | |
| 4pm | Body Sculpt Studio B Sandy W 4:30pm - 5:15pm | | Barre Studio A Sarah S 4:30pm - 5:15pm | Barre Studio A Janine P 4:30pm - 5:15pm | | | |
| 5pm | TRX Circuit Studio B Sandy W 5:30pm - 6:15pm | Interval Training Studio A Donna . 5:30pm - 6:15pm | POUND Studio B Sarah S 5:30pm - 6:15pm | TRX Studio B Sandy W 5:30pm - 6:15pm | Family Taekwondo Studio B Andrew . 5:30pm - 6:15pm | | |
| | | Zumba Studio B Julie A 5:45pm - 6:45pm | Essentrics Studio A Heather . 5:30pm - 6:30pm | | | | |
| 6pm | Zumba Studio B Jill B 6:15pm - 7pm | Yoga Studio A Emma . 6:30pm - 7:30pm | | Zumba & Strength Studio B Kelly D 6pm - 6:45pm | | | |

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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.

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.

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.

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 done 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.

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.

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.

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