



GROUP FITNESS SCHEDULE

Please register on the Y app

OLD COLONY YMCA PLYMOUTH BRANCH

2 Greenside Way South, Plymouth, MA
508-927-3100 www.OldColonyYMCA.org

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	Sharon Y Cycle 60 Mins Studio C	Sharon BODYPUMP 60 Mins Studio A	Scott TRX 45 Mins Loft	Lauren/Abby Barre Express/Yoga* 45 Mins Studio B	Jenith BODYCOMBAT 60 Mins Studio A		
7:15 AM						Bridget Boot Camp 60 Mins Loft	
8:15 AM	Jen L. Zumba Step 60 Mins Studio A	Jenith BODYCOMBAT 60 Mins Studio A	Michelle Yoga 60 Mins Studio A	Jenith BODYPUMP 60 Mins Studio A	Jess BODYCOMBAT 60 Mins Studio A	Kelly BODYPUMP 60 Mins Studio A	Jenny B. Yoga 60 Mins Studio A
	Katy Yoga 60 Mins Studio B			Tara (Starts May 5) Y Intervals 60 Mins Redbrook Green		Sara Y Cycle 60 Mins Studio C	
9:00 AM			Bridget (Starts May 4) Boot Camp 60 Mins Redbrook Green			Karen C. Yoga Shred 60 Mins Studio B	
9:15 AM	Jenny C. HIIT Cycle 30 Mins Studio C				Jenny C. HIIT Cycle 30 Mins Studio C		Jenny C. Y Cycle 45 Mins Studio C
9:30 AM	Grace Urban Fusion 60 Mins Studio A	Wendy Y Strength 60 Mins Studio A	Phillip Y Cycle 60 Mins Studio C	Wendy Cardio Fusion 60 Mins Studio A	Katy Yoga 9:15 60 Mins Studio B	Shelly ZUMBA FINEST 60 Mins Studio A	Kat Dance Fitness 60 Mins Studio A
			Jess BODYCOMBAT 60 Mins Studio A	Michelle BODYFLOW 60 Mins Studio B			
10:00 AM	Tina Y Strength & Conditioning 30 Mins Loft		Corina Beginner Tai Chi 9:45 45 Mins Studio B	Tina Y Strength & Conditioning 30 Mins Loft	Jenny C. BODYPUMP 30 Mins Studio A		
10:45 AM	Karen A. NIA 60 Mins Studio A	Wendy ZUMBA FINEST 60 Mins Studio A	Kat F. Dance Fitness 60 Mins Studio A	Corina Movement to Music 60 Minutes Studio A	Debbie ZUMBA gold + toning 60 Mins Studio A	Michael Drums Alive 11:00 45 Mins Studio A	Kat (Starts April 10) Family Y Intervals 30 Mins Ages 8+ Loft
	Grace Y Mobility 60 Mins Studio B	Sharon Gentle Strength 60 Mins Studio B	Corina Tai Chi 60 Mins Studio B	Wendy Barre 60 Mins Studio B		Facility Hours Monday - Friday 5:00a-9:00p Saturday 7:00a-3:00p Sunday 7:00a-3:00p KidZone Monday-Friday 8:00a-12:00p Monday-Thursday 5:00p-7:00p Saturday & Sunday 8:00a-11:30a	
5:30 PM	Kate Y Cycle 60 Mins Studio C	Sara Y-Cycle 60 Mins Studio C	Kate Y Cycle 60 Mins Studio C	Robin Y Cycle 60 Mins Studio C			
	Kelly BODYPUMP 60 Mins Studio A	Shelly Balletone 45 Mins Studio A	Tara Y Intervals 60 Mins Studio A	Sue ZUMBA FINEST 60 Mins Studio A			
	Michelle BODYFLOW 5:30 60 Mins Studio B			Jenny B. (Starts May 5) Mat Pilates 60 Mins Studio B			
5:45 PM	Scott TRX 60 Mins Loft **	Bridget Sports Conditioning 60 Mins Loft	Scott TRX 60 Mins Loft	Bridget P90X 60 Mins Loft			
6:00 PM			Karen C. Yoga 60 Mins Studio B		Anna TRX 60 Mins Loft		
6:30 PM	Jess BODYCOMBAT 45 Mins Studio A	Sue/Shelly ZUMBA FINEST 45 Mins Studio A		Jenny B. Yoga 6:45 60 Mins Studio B			

SPRING 2022 SCHEDULE April 3 - July 2

Schedule is subject to change during the effective dates.

For schedule updates and changes, download our app today! Search "Old Colony Y" in the app store.

For more information, email Jenny Curtis at jcurtis@oldcoloniyyymca.org.

Classes with this symbol are held outdoors. In the event of inclement weather, class will be cancelled.

YELLOW indicates a New Class or Time Change.

*Thurs. Barre at 5:30a will switch to a yoga format in mid-late April.
**Mon. TRX at 5:45p will move to Camp Clark starting May 2.