



GROUP EXERCISE SCHEDULE

Please register on the Y app

**OLD COLONY YMCA
PLYMOUTH BRANCH**
2 Greenside Way South, Plymouth, MA
508-927-3100 www.OldColonyYMCA.org

**EXCITING
CHANGES NOTED
IN BLUE:
New format,
instructor or class
time**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	Sharon Y Cycle 60 Mins Studio C	Sharon LES MILLS BODYPUMP 60 Mins Studio A	Scott TRX 45 Mins Loft	Jenith LES MILLS BODYPUMP 60 Mins Studio A	Jenith LES MILLS BODYCOMBAT 60 Mins Studio A		
7:15 AM						Bridget Boot Camp 60 Mins Loft	
8:15 AM	Jen L. Y Step 60 Mins Studio A	Jess LES MILLS BODYCOMBAT 60 Mins Studio A	Michelle Yoga 60 Mins Studio A	Tara HIIT Strength 60 Mins Studio A	Jess LES MILLS BODYCOMBAT 60 Mins Studio A	Kelly LES MILLS BODYPUMP 60 Mins Studio A	Jenny B. Yoga 60 Mins Studio A
	Katy Yoga 60 Mins Studio B		Bridget Boot Camp 60 Mins Redbrook Green or Loft			Sara Y Cycle 60 Mins Studio C	
9:15 AM	Jenny C. HIIT Cycle 30 Mins Studio C				Jenny C. HIIT Cycle 30 Mins Studio C	Karen C. Yoga Shred 60 Mins Studio B	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	Yvonne Yoga 9:15 60 Mins Studio B	Shelly ZUMBA 60 Mins Studio A	Kat F. Dance Fitness 60 Mins Studio A
	Jenny B. Mat Pilates 45 Mins Studio B		Kelly LES MILLS BODYPUMP 60 Mins Studio A	Michelle LES MILLS 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. LES MILLS BODYPUMP 30 Mins Studio A		
			Kat F. Family Y Intervals 30 Mins Loft				
10:45 AM	Grace Y Mobility 60 Mins Studio A	Wendy ZUMBA 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 F. Mat Pilates 30 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	
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		Pool Hours Monday - Sunday 9:00a-7:00p	
	Kelly LES MILLS BODYPUMP 60 Mins Studio A	Shelly Balletone 45 Mins Studio A	Rachel LES MILLS BODYPUMP 60 Mins Studio A	Sue ZUMBA 60 Mins Studio A		KidZone Monday - Friday 8:00a-12:00p Monday - Thursday 5:00p-7:00p Saturday & Sunday 8:00a-11:30a	
	Michelle LES MILLS BODYFLOW 60 Mins Studio B			Jenny B. Mat Pilates 45 Mins Studio B		SUMMER 2022 SCHEDULE July 3 - October 1 (Schedule is subject to change during the effective dates)	
5:45 PM	Scott TRX 60 Mins Camp Clark	Bridget Sports Conditioning 60 Mins Loft	Scott TRX 60 Mins Loft	Bridget P90X 60 Mins Loft		For schedule updates and changes, download our app today! Search "Old Colony Y" in the app store.	
6:00 PM			Karen C. Yoga Shred 60 Mins Studio B			For more information, email Jenny Curtis at jcurtis@oldcoloniymca.org.	
6:30 PM		Shelly ZUMBA 45 Mins Studio A		Jenny B. Yoga 6:45 60 Mins Studio B		Classes is held outdoors on the Redbrook Green. In the event of inclement weather, class will be held indoors in the Loft.	
						Class is held at Camp Clark Pavillion 200 Hedges Pond Rd	

Pool Classes:

Monday, 11:00 AM:

aqua ZUMBA with Deb

Aqua Zumba® blends the Zumba® philosophy with water resistance for a low-impact, high-energy aquatic exercise experience.

Thursday, 9:00 AM:

aqua FITNESS with Marie

Using water resistance along with props such as foam dumbbells and noodles, this moderate intensity class incorporates cardiovascular and toning exercises.

Friday, 11:00 AM:

S'WET with Sharon

S'Wet™ is a Structured Water Exercise Training program that incorporates unique blocks of activity, each with a specific purpose, focused on HIIT, strength and advanced cardio training.

Register for pool classes on the Y app under the "Pool Schedules" tab.

Pool classes are held weather-permitting.