

CAMBRIDGE YMCA GROUP EXERCISE SCHEDULE *Effective 4/21/25*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Total Body Conditioning 6:45am – 7:30am		Total Body Conditioning 6:45am – 7:30am			
	ON HIATUS Power Yoga 7:30am – 8:30am				Vinyasa Flow 8:15am – 9:30am	
	Aqua Aerobics 9am – 10am		Aqua Aerobics 9am – 10am	Gentle Yoga 9am – 10:15am	Strength & Power 8:30am – 9:30am	Taichi Quan Foundation 8:30am – 9:30am
	Restorative Yoga 9am – 10:15am	Taichi Quan Foundation 9am – 10am	Restorative Yoga 9am – 10:15am	Taichi Quan Foundation 9am – 10am	Taichi Quan Foundation 8:30am – 9:30am	Taichi Quan *Intermediate 10am – 11am
					Boot Camp 9:45am – 10:45am	Participants must be approved by instructor
Zumba Gold 11:30am – 12:30pm	Gentle Sculpt 11am – 12pm	Taichi Quan *Intermediate 10:30am – 11:30am	Gentle Sculpt 11am – 12pm	Taichi Quan *Intermediate 10:30am – 11:30am	Zumba 10am – 11am	Sunday Flow Yoga 10am – 11am
		Participants must be approved by instructor		Participants must be approved by instructor	Beginner Boxing 10am – 11am	
Rock Steady Boxing 1pm – 2:30pm <i>*registered participants only*</i>			Rock Steady Boxing 1pm – 2:30pm <i>*registered participants only*</i>		Aligned Flow Yoga 10am – 11:15am	Yin Yoga 11:15am – 12:15pm
					Boxing Conditioning 11am – 12pm	
Chair Fitness 2:30pm – 3pm		Chair Fitness 2:30pm – 3pm		Chair Fitness 2:30pm – 3pm	Punk Rope 12:15pm – 1pm	
Childcare (<i>closed to members</i>) 2:30pm– 4pm		CPD Youth Boxing 3:45pm – 5:30pm <i>*registered participants only*</i>	Taichi (childcare) 3pm–5pm			
CPD Youth Boxing 3:45pm – 5:30pm <i>*registered participants only*</i>			Childcare program participants ONLY		<i>Registration is no longer required for classes. Grab a class pass at the Front Desk.</i>	
		Taichi (childcare) 3:30pm–4:30pm		Taichi (childcare) 4pm–5pm		
Taichi (childcare) 3:30pm–5:30pm Childcare program participants ONLY	Desk Dweller Yoga 5:30pm – 6:30pm	Childcare program participants ONLY		Childcare program participants ONLY	<i>Unlimited access to fitness classes costs <u>just \$5 per month</u></i>	
		Ashtanga Flow Yoga 6pm – 7:15pm	Vinyasa Flow Yoga 6pm – 7:15pm	Yoga for Runners 6pm – 7:15pm	<i>You are encouraged to bring your own equipment to class (yoga mats, jump ropes, etc.).</i>	
Aligned Flow Yoga 6pm – 7:15pm					<i>No entry beyond 10 minutes of class start time!!</i>	
Cardio Dance 6:30pm – 7:30pm	Boxing Conditioning 6:30pm – 7:30pm	Boot Camp 6:30pm – 7:30pm	Boxing Conditioning 6:30pm – 7:30pm	27 Form Taichi 6pm– 7:30pm	<i>Class times subject to change without notice</i>	
Carved From Stone 6:30pm – 7:30pm	Zumba 6:30pm – 7:30pm	Metabolic Strength 6:30pm – 7:15pm	Zumba 6:30pm – 7:30pm			
		27 Form Taichi 6pm–7:30pm				
			Ab-Dominator 7:45pm – 8:15pm			
BASKETBALL COURT	BOXING GYM	DANCE STUDIO	YOGA STUDIO	POOL Stretching Room		

Bball Court				
	Gentle Sculpt	Brian	Tues/ Thurs	Ideal for seniors or beginners that features mild to moderate cardiovascular & muscular training in a comfortable and open environment.
	Carved From Stone	Chorobi	Mon	60 minutes of chiseling, full-body resistance training to help challenge and define your muscles. Includes core work.
	Boot Camp	Ray	Wed / Sat	A high-intensity class designed to enhance your strength and cardio endurance in a fun, fast paced environment.
	ON HIATUS Power Yoga	Tessa	Tues	Power Yoga is a dynamic and vigorous form of yoga that emphasizes physical strength, flexibility and cardiovascular health.
S Y t o u g d a i o	Aligned Flow Yoga	Shireen	Mon / Sat	A strong yet subtle practice with a long warm up. This class emphasizes aligning yoga postures into a flow while being connected to breath and movement.
	Desk Dweller Yoga	Rui	Tue	Specifically designed to help you avoid (or recover from) computer posture where the head juts forward, shoulders hunch, and hips stiffen.
	Ashtanga Flow	Saundra	Wed	An energetic class that generates body heat and induces sweat to help students achieve strength and balance. Prior yoga experience is highly recommended.
	Vinyasa Flow	Saundra	Th/Sat	A challenging all-levels class that links breath with movement to warm the body & relax the mind. Improve strength & flexibility while relieving stress.
	Yoga for Runners/Cyclists	Rachel	Fri	This class is for athletes who run, bike &/or have tight hips or hamstrings. Fans of yoga who just appreciate an IT band stretch are also welcomed.
	Sunday Flow Yoga	Paige/ Amiko	Sun	Start your day right with a class that emphasizes moving with strength and grace from pose to pose while maintaining a strong, even breath.
	Yin Yoga	Paige/ Amiko	Sun	Target the body's dense connective tissues through long-held, meditative floor poses (1-5 min). Complements busy lifestyles & active yoga practices.
	Restorative Yoga	Saundra	Tues/Th	Use breathing techniques w/ active & passive stretches to explore the mind/body practice that is yoga. This approach is gentler than active or hot forms.
	Gentle Yoga	Amiko	Fri	For those over the age of 50 or beginners, this class features gentle poses that help you reduce your stress & achieve a state of relaxation.
D S a t u r d e y	Taichi Quan	Eileen/Zac	Mon- sun	Improve your health, well-being, and happiness! Regardless of age or fitness level, you can enjoy the benefits of this ancient and beautiful sport! Intermediate classes require instructor approval first
	Zumba Gold®	Orisa	Mon	For older, active adults or Zumba® newbies, this class focuses on movement, balance, stability, & working the hips & shoulders to relieve arthritic pain.
	Zumba	Rachel/Orisa/Helen	T/Th/Sat	Zumba® uses Latin and international rhythms & easy-to-follow moves to create a unique fitness program that will make you sweat.
	Cardio Dance	Elisa	Mon	Cardio Dance is a hybrid of dance choreography and cardio exercises set to music, creating a heart-pumping workout to keep your body in constant motion.
B o x i n g G y m				
	Boxing Conditioning	Chorobi	Tue/Th/Sat	This class combines calisthenics with boxing drills for a heart and heavy bag pounding boxing workout. No sparing drills, no boxing experience necessary. You must bring your own wraps and gloves to class!
	Punk Rope	Chorobi	Sat	Punk Rope is a playful mash up of jump rope, bodyweight training, and fitness games. All fitness levels welcome. Jump ropes provided.
	Total Body Conditioning	Ray	Tue / Thu	A mix of strength, cardiovascular, core, agility, and balance to start your day off right!
	Beginner Boxing	Chorobi	Sat	Learn the fundamentals of boxing, from wrapping your hands, to throwing effective punches, while getting a challenging and fun workout. You must bring your own wraps and gloves to class!
	Metabolic Strength	Chorobi	Wed	An efficient workout that torches calories and builds strength with multi-muscle movements in low-rest combinations
	Strength & Power	Ray	Sat	Enhance your strength, power, and metabolic capacity while focusing on strength training form, through various pieces of equipment.
Pool	Aqua Aerobics	Alice	Tues/ Thurs	This is a fun and challenging workout for people of all ages and skill levels! Aqua Aerobics class takes place in the pool, which diminishes impact and uses the resistance of the water to improve efficiency of the heart/blood. Circulation.
Stretching Room	Ab-Dominator	Chorobi	Thurs	30 minutes of core crushing combinations to strengthen your abs.
	Chair Fitness	Brian	M, W, F	Join this fundamentals class with dynamic seated and supported balance exercises! Mobilize, strengthen, and stretch to maintain independence.