CAMBRIDGE YMCA GROUP EXERCISE SCHEDULE *Effective 10/26/26*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Total Body Conditioning 6:45am – 7:30am		Total Body Conditioning 6:45am – 7:30am			
	Aqua Aerobics 8:30am – 9:15am		Aqua Aerobics 8:30am – 9:15am		Vinyasa Flow 8:15am – 9:30am	
Chair Fitness 9am – 10am	Aqua Aerobics 9:30am – 10:15am	Chair Fitness 9am – 10am	Aqua Aerobics 9:30am – 10:15am	Gentle Yoga 9am – 10:15am	Strength & Power 8:30am – 9:30am	Taichi Quan Foundation 9am – 10am
	Restorative Yoga 9am – 10:15am	Taichi Quan Foundation 9am – 10am	Restorative Yoga 9am – 10:15am	Taichi Quan Foundation 9am – 10am	Boot Camp 9:45am – 10:45am	Taichi *Intermediate* 10am – 11am
Childcare *(closed to members)* 11am-12:30pm					Taichi Quan Foundation/ Basic Routines	
Zumba Gold 11:30am – 12:30pm		Taichi Quan *Intermediate* 10am – 11am	Gentle Sculpt 11am – 12pm	Taichi Quan *Intermediate* 10am – 11am	10am- 11:30am	Sunday Flow Yoga 10am – 11am
NEW! Zumba Gold-Toning 12:30pm – 1:30pm	Gentle Sculpt 11am – 12pm			Rock Steady Boxing 10:30am – 12pm	Beginner Boxing 10am – 11am	
			Rock Steady Boxing 1pm – 2:30pm	*registered participants only*	Aligned Flow Yoga 10am -11:15am	Yin Yoga 11:15am – 12:15pm
			registered participants only	Childcare *(closed to members)* 11am-12:30pm	Boxing Conditioning 11am – 12pm	Metabolic Strength 12pm – 12:45pm
Rock Steady Boxing 1pm – 2:30pm						
registered participants only						
					Add classes to your membership for $5 per month! Then just grab a class pass at the Front Desk!	
CPD Youth Boxing 3:45pm-5:30pm		CPD Youth Boxing 3:45pm-5:30pm				
registered participants only	Desk Dweller Yoga 5:45pm – 6:45pm	*registered participants only*	NEW!!! Mat Pilates 4:30pm – 5:30pm		*Unlimited access to fitness classes costs just $5 per month*	
		Ashtanga Flow Yoga 6pm – 7:15pm	Vinyasa Flow Yoga 6pm – 7:15pm	Vinyasa Variations 6pm – 7:15pm	*You are encouraged to bring your own equipment to class (yoga mats, jump ropes, etc.).*	
Aligned Flow Yoga 6pm – 7:15pm					*No entry beyond 10 minutes of class start time!!*	
Cardio Dance 6:30pm – 7:30pm	Boxing Conditioning 6:30pm – 7:30pm	Boot Camp 6:30pm – 7:30pm	Boxing Conditioning 6:30pm – 7:30pm	Taichi Quan Foundation/ Basic Routines	*Class times subject to change without notice*	
Carved From Stone 6:30pm – 7:30pm	Zumba 6:30pm – 7:30pm	Taichi Quan Foundation/ Basic Routines	Zumba 6:30pm – 7:30pm	6pm – 7:30pm		
		6pm – 7:30pm				
BASKETBALL COURT	BOXING GYM	DANCE STUDIO	YOGA STUDIO	POOL	Stretching	

Bball Court	Boot Camp	Ray	Wed / Sat	A high-intensity class designed to enhance your strength and cardio endurance in a fun, fast paced environment.
	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	Alex	Mon	60 minutes of chiseling, full-body resistance training to help challenge and define your muscles. Includes core work.
Yoga Studio	NEW!! Mat Pilates	Marianne	Thurs	Mat Pilates is a floor-based workout that uses your own body weight and gravity for resistance to build core strength, flexibility, and posture
	Chair Fitness	Alice	Mon/ wed	Join this fundamentals class with dynamic seated and supported balance exercises! Mobilize, strengthen, and stretch to maintain independence.
	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 indtharparuces 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.
	Vinyasa Variations	Rachel	Fri	An all-levels vinyasa class combining emphasis on precise alignment and creative sequences committed to finding joy and ease in the practice.
	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.
Dance Studio	Taichi Quan	Shaowei	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	T/Th	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.
	NEW! Zumba Gold-Toning	Orisa	Mon	Zumba Gold-Toning is a low-impact dance fitness class that blends the easy-to-follow, modified moves of Zumba Gold with light resistance training, using 1-to-3-pound light weights to safely condition muscles at a slower pace
Boxing Gym				
	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!***
	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				