



HEALTHY LIVING ADULT GROUP FITNESS EARLY SPRING

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AOA (Active Older Adults)

Monday, Wednesday & Friday

10:15 AM to 11:00 AM-Gym

AOA Balance & Tone

Thursday

10:45AM-11:30AM-Studio

AOA Dance Fitness

Tuesdays

10:15 AM to 11:00 AM-Gym

Ballet Tone

Thursday

3:45PM-4:30PM-Studio

Body Bootcamp

Friday

12:00PM to 12:45PM-Studio

Body Sculpt

Tuesday & Thursday

5:30 PM to 6:15 PM-Gym

Boot Camp

Monday & Wednesday

6:15AM to 7:00 AM-Gym

Saturday

7:30 AM to 8:20 AM-Gym

Cardio Hip Hop

Tuesday

6:20PM to 7:05PM-Studio

Pilates

Monday & Wednesday

7:00 PM to 7:45 PM-Studio

Tuesday & Thursday

10:00 AM to 10:45 AM-Studio

Power Sculpt

Tuesday & Thursday

9:00 AM to 9:50 AM-Studio

Salsa Lessons

Tuesday

6:15 PM to 7:15 PM

Held in the Multi-Purpose

Total Fitness

Monday, Wednesday & Friday

9:00 AM to 10:00 AM-Gym

Monday & Wednesday

5:45 PM to 6:45 PM-Gym

Yoga

Monday

5:45 PM to 6:45 PM

Tuesday & Thursday

6:30 AM to 7:30 AM

Wednesday

8:00 AM to 9:00 AM

5:45 PM to 6:45 PM

Saturday

8:05 AM to 9:05 AM

Held in the Studio

Yoga (Gentle)

Monday & Wednesday

11:15 AM to 12:15 PM-Studio

Yoga (Sculpt)

Friday

6:15AM-7:00AM-Gym

Note: All land based adult group fitness class offered to full facility members are included in membership and run continuously.

Zumba

Tuesday & Thursday

6:20 PM to 7:05 PM-Gym

Saturday

9:00 AM to 9:45 AM-Multi-Purpose

Zumba Family

Friday

5:30 to 6:15 PM-Studio

Y-Cycle:

Monday

6:00AM to 6:45AM

10:15 AM to 11:00 AM

4:45 PM to 5:30 PM

Tuesday & Thursday

5:35 AM to 6:20 AM

10:00AM to 10:45AM

12:00 PM to 12:45 PM

5:30 PM to 6:15 PM

6:30 PM to 7:15 PM

Wednesday

6:00AM to 6:45AM

9:15 AM to 10:00 AM

4:45 PM to 5:30 PM

Friday

6:00AM to 6:45AM

10:15AM to 11:00AM

4:30 PM to 5:15 PM

Saturday

9:20AM to 10:05 AM

Sunday

9:15 AM to 10:00 AM

GREATER HOLYOKE Y

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