



GROUP EXERCISE SCHEDULE

**OLD COLONY YMCA
PLYMOUTH BRANCH**

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

Please register on the Y app

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	Sharon Y Cycle 5:30 AM 60 Mins Studio C	Sharon BODYPUMP® 5:30 AM 60 Mins Studio A	Scott TRX® 5:30 AM 45 Mins Loft	Elle Barre 5:30 AM 45 Mins Studio B	Jenith BODYCOMBAT® 5:15 AM 60 Mins Studio A		
	Jess D. BODYCOMBAT® 7:15 AM 45 Mins Studio A					Bridget Boot Camp 7:15 AM 60 Mins Loft	
	Jen L. Y Step 8:15 AM 60 Mins Studio A	Jenith BODYCOMBAT® 8:00 AM 60 Mins Studio A	Jenith BODYPUMP® 8:00 AM 60 Mins Studio A	Kelly W. Forever Fit 8:15 AM 60 mins Studio A	Anissa BODYPUMP® 8:15 AM 60 Mins Studio A	Kelly P. BODYPUMP® 8:15 AM 60 Mins Studio A	Jenny B. Yoga 8:15 AM 60 Mins Studio A
	Caroline Yoga 8:15 AM 60 Mins Studio B		Michelle Yoga 8:15 AM 60 Mins Studio B	Tara HIIT Strength 8:15 AM 60 Mins Studio B		Sara Y Cycle 8:15 AM 60 Mins Studio C	
	Jenny C. HIIT Cycle 9:15 AM 30 Mins Studio C				Jenny C. HIIT Cycle 9:15 AM 30 Mins Studio C		Kate Y Cycle 9:15 AM 45 Mins Studio C
	Grace Latin Dance Fit 9:30 AM 60 Mins Studio A	Wendy Y Strength 9:30 AM 60 Mins Studio A	Tara Y Cycle 9:30 AM 60 Mins Studio C	Wendy Cardio Fusion 9:30 AM 60 Mins Studio A	Yvonne Yoga 9:15 AM 60 Mins Studio B	Shelly Zumba® 9:30 AM 60 Mins Studio A	Kat F. Dance Fitness 9:30 AM 60 Mins Studio A
	Jenny B. Mat Pilates 9:30 AM 45 Mins Studio B		Jess D. BODYCOMBAT® 9:30 AM 60 Mins Studio A	Michelle BODYFLOW® 9:30 AM 60 Mins Studio B			Caroline Kids Yoga 30 Mins Studio B Ages 6+
	Jessie M. Y Strength & Conditioning 10:00 AM 30 Mins Loft		Corina Beginner Tai Chi 9:30 AM 60 Mins Studio B	Lorenzo Y Strength & Conditioning 10:00 AM 30 Mins Loft	Jenny C. BODYPUMP® 10:00 AM 30 Mins Studio A		Caroline Kids Dance 10:15 30 Mins Studio B Ages 6+
			Kat F. Y Intervals 10:00 AM 30 Mins Loft				
	Grace Y Mobility 10:45 AM 60 Mins Studio A	Wendy Zumba® 10:45 AM 60 Mins Studio A	Kat F. Dance Fitness 10:45 AM 60 Mins Studio A		Debbie Zumba Gold Toning® 10:45 AM 60 Mins Studio A	Michael Drums Alive 11:00 AM 45 Mins Studio A	Kat F. Mat Pilates 10:45 AM 45 Mins Studio A
	Sharon Gentle Strength 10:45 AM 60 Mins Studio B	Corina Tai Chi 10:45 AM 60 Mins Studio B	Wendy Barre 10:45 AM 60 Mins Studio B		Facility Hours Monday - Friday 5:00a-9:00p Saturday 7:00a-4:00p Sunday 7:00a-4:00p		
MIDDAY			Caroline Preschool Dance 12:00 PM 30 Min. Studio B Ages 3-5 w/ parent			KidZone Monday - Friday 8:00a-12:00p Monday - Thursday 5:00p-7:00p Saturday & Sunday 8:00a-11:30a	
EVENING	Kate Y Cycle 5:30 PM 60 Mins Studio C	Sara Y-Cycle 5:30 PM 60 Mins Studio C	Kate Y Cycle 5:30 PM 60 Mins Studio C	Robin Y Cycle 5:30 PM 60 Mins Studio C			
	Kelly P. BODYPUMP® 5:30 PM 60 Mins Studio A		Rachel BODYPUMP® 5:30 PM 60 Mins Studio A	Noemi Zumba® 5:30 PM 60 Mins Studio A			
	Michelle BODYFLOW® 5:30 PM 60 Mins Studio B						
	Scott TRX® 5:45 PM 60 Mins Loft	Bridget Sports Conditioning 5:45 PM 60 Mins Loft	Scott TRX® 5:45 PM 60 Mins Loft	Bridget P90X® 5:45 PM 60 Mins Loft			
		Shelly Zumba® 6:00 PM 45 Mins Studio A	Yvonne Yoga 6:00 PM 60 Mins Studio B		Anna TRX® 6:00 PM 60 Mins Loft		
Anissa BODYCOMBAT® 6:45 PM 60 Mins Studio A	Shelly Balletone® 7:00 PM 45 Mins Studio A						

FALL SCHEDULE
Oct. 1-Dec. 31, 2022
(Schedule is subject to change during the effective dates)

For the most up-to-date schedule, download our app today! Search "Old Colony Y" in the app store. Register for classes, receive sub notifications, submit reviews, and more!

All classes are for 13+ unless otherwise noted.

CONTACT:
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