



Group Exercise Fall 2025

Effective Monday, December 1st

East Side/Mt. Hope YMCA

438 Hope St, Providence, RI 02906

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength and Conditioning Kate 6:30-7:15am	Cycle Cristin 6:30-7:15am	Strength and Conditioning Kate 6:30-7:15am	Cycle Cristin 6:30-7:15am	Strength and Conditioning Kate 6:30-7:15am		
Pickleball (Rec Center) 7am	Pickleball (Rec Center) 7am	Pickleball (Rec Center) 7am	Pickleball (Rec Center) 7am	Pickleball (Rec Center) 7am		
	Yoga John 7:30-8:30am		Yoga John 7:30-8:30am			
Group Power Richard 8:00-9:00 am	Group Power Richard 8:00-9:00 am	Group Power Richard 8:00-9:00 am	Group Power Richard 8:00-9:00 am	Group Power Richard 8:00-9:00 am		Cycle Cristin 8:00-9:00am
Water Fitness Richard 9:30-10:30 am	Water Fitness Richard 9:30-10:30 am	Water Fitness Richard 9:30-10:30am	Water Fitness Richard 9:30-10:30am	Water Fitness Richard 9:30-10:30am	Yoga Michael 9:00-10:00 am	Yoga Vanessa 9:30-10:30 am
			Chair Yoga John 10:15 - 11:00 am			Super Sculpt Yoga Vanessa 10:45-am
Senior Strength Classic Richard 11:00-12:00pm	Senior Strength Classic Richard 11:00-12:00pm	Senior Strength Classic Richard 11:00-12:00pm	Senior Strength Classic Richard 11:00-12:00pm	Senior Strength Classic Richard 11:00-12:00pm		
		Zumba Kristin 5:30 - 6:30 pm	Zumba Kristin 5:30 - 6:30 pm			
Les Mills BodyPump Nick 6:00-7:00pm	Les Mills Body Combat Nick 6:00-7:00pm			Les Mills BodyPump Nick 6:00-7:00pm		
		Yoga Vanessa 7:00-8:00 pm				



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Les Mills BodyPump

The ideal workout for anyone looking to get lean, toned and fit fast. Using light to moderate weights on a barbell with lots of repetition, Bodypump gives you a total body workout. It will sure burn calories.

Les Mills BodyCombat

BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 570 calories** in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

Zumba

This is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training- alternating fast and slow rhythms- to help improve cardiovascular fitness.

Chair Yoga

This class helps increase flexibility, lunge capacity, circulation and strength, improves balance and relieves stress all while seated in chair! It focuses on breathing exercises, stretching, yoga postures and relaxation.

Yoga

This class will lead you through a yoga sequence focused on opening hips, quads, hamstrings, while also providing poses to strengthen your core and improve your balance.

Power Yoga Sculpt

This class is power vinyasas yoga that incorporates light weights and cardio to create a mind-body workout. You will incorporate traditional yoga poses with weight lifting for a full body workout. Expect to sweat! Bring a hand towel and bottle of water to class.

Cycle

This class is a great cardiovascular workout. Pedal through hills climbs, sprints and many other challenging drills and exercises to your favorite tunes! All levels are welcome.

Senior Strength Classic

This class will focus on total body and core strength while incorporating balance moves and stretches. It is the perfect way for all seniors to improve overall flexibility and strength while increasing their balance and stability. This class may be done seated or standing and may utilize a variety of equipment.

Water Fitness

A low-impact workout that uses the natural resistance of water to provide a full-body workout, including cardio, strength training, and flexibility. Exercises like marching, kicking, and jumping in waist- to chest-deep water, with music and equipment like foam dumbbells can be expected. All levels welcome.

Strength and Conditioning

Working with intensity and intentionality- this class creates a full body challenge. This includes dynamic high repetition exercises using a variety of equipment. The variety keeps the workout fresh, engaging and effective. All levels welcome.

Group Power

Intervals combining periods of intense work with periods of lower level activity or rest to improve your endurance, speed, and fat burn. All levels are welcome.