



# Greater Holyoke YMCA Group Fitness Schedule

**Effective 10/16/2023**

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY Y CLOSED
<b>Morning</b>							
5:35AM	Y Cycle Julie FS		Y Cycle Mary B. FS				
6:15AM	Total Fitness Mary Kate G	Boot Camp Jenn G	Total Fitness Julie G	Boot Camp Jenn G	Strength & Stretch Mary Kate G		
9:15AM	AOA Mary Kate G	Power Sculpt Julie G	AOA Mary Kate G	Power Sculpt Julie G	AOA Mary Kate G	Y Cycle Ben FS	
12:00PM			Y Cycle Cheryl FS				
<b>Evening</b>							
5:30PM	NIA (Martial Arts, Dance, & Cardio) Beth - FS	Y Cycle Cheryl FS		Yoga Teresa FS			
5:45PM	HIIT & Sculpt Mary Kate G		HIIT & Sculpt Mary Kate G				
6:40PM				Zumba® Yenitza FS			
<b>Location: FS = Fitness Studio G = Gym PLPS = Parking Lot Pine St.</b> * Pre-registration is required – email <a href="mailto:mowens@holyokeymca.org">mowens@holyokeymca.org</a>							
<b>HYBRID (In-Person &amp; Virtual)</b>				<b>In-Person Only</b>			

Join today! Y Wellness 24/7 is now available free to our members. The virtual platform offers 100+ live classes per week, and 1000s of classes on-demand led by over 50 nurturing and motivating YMCA instructors from 48 YMCA associations in 11 states.

Get started here: [ywellness247.org](http://ywellness247.org)

## GROUP FITNESS

- Classes are for active Holyoke Y members
- Refer to "Schedules" on [www.holyokeymca.org](http://www.holyokeymca.org) for class description and additional information.
- **Registration Required for Dance Fitness, NIA, Y Cycle, and Virtual classes** – see online registration below.
- For updates and information regarding group exercise email our Community Health & Wellness Director, Mary Kate Owens, at [mowens@holyokymca.org](mailto:mowens@holyokymca.org)

## ONLINE REGISTRATION

- Visit [www.holyokeymca.org](http://www.holyokeymca.org)
- Click on "Schedules"
- Find the class you want to register for and click on "sign up"
- You will have to create a login account
- Once you create that account follow prompts to register for the class
- When registration complete, you will receive a confirmation email with class reservation or link.

## Y Cycle Class Sign-up

- All Y-Cycle sign-ups will start **24 hours** before class begins.
- The first 12 members to register online or call will have a bike reserved. We will take 3 wait list members per class. If you are not at class by the start time, your bike will be re-assigned to a member on the wait list.
- If you reserve a bike, but cannot come to class, please call.
- If you are on the wait list - it is your choice as to whether you come and try to get a bike.
- Class will be canceled if less than **3 members sign-up**, registered members will receive an email notification through our reservation system.

## What You Need

- Arrive 5 minutes prior to the start time to get your bike and make any necessary adjustments.
- A water bottle and small sports towel is a must!
- Bike shorts are recommended for comfort.
- No loose or baggy pants, for safety reasons. If you wear long pants, they must be tight fitting at the bottom.