



# GREATER HOLYOKE Y

## GROUP FITNESS SCHEDULE

EFFECTIVE APRIL 5, 2021 **In-Person option classes**

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Morning</b>							
6:15AM	Total Fitness with Lindsey	Bootcamp with Jenn	Total Fitness with Lindsey	Bootcamp with Jenn	Stretch & Strength with Lindsey		
8:30 AM		Body Sculpt with Julie		Body Sculpt with Julie			
9:00AM	AOA with Mary Kate		AOA with Mary Kate		AOA with Mary Kate	*Cardio Strength Combo	
<b>Evening</b>							
5:30PM	*Mat Pilates	*HIIT & Sculpt					
5:45PM				* Yoga			

- Registration for all classes will start 10AM on Saturdays
- All classes are virtual via ZOOM except where indicated
- Classes are for active Holyoke Y members.
- \*The Holyoke Y is partnering with the Hampshire Regional Y to offer virtual evening and Saturday classes.
- If you are interested in trying a virtual class email [mowens@holyokeymca.org](mailto:mowens@holyokeymca.org)

### DETAILS ONLINE REGISTRATION

- Visit [www.holyokeymca.org](http://www.holyokeymca.org)
- Click on "Schedules"
- Find the class you want to register for
- 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 containing the link to the class