



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Greater Holyoke YMCA

Group Fitness SUMMER Schedule

Effective July 10, 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning							
5:50AM			Y Cycle Julie FS				
6:15AM	Total Fitness Lindsey G	Bootcamp Jenn PLPS	Total Fitness Lindsey G	Bootcamp Jenn PLPS	Total Fitness Lindsey G		
8:30AM		Body Sculpt Julie G		Body Sculpt Julie G			
9:00AM	AOA Mary Kate G		AOA Mary Kate G		AOA Mary Kate G	Cardio Strength Combo	
9:15AM						Y Cycle Ben FS	
12:00PM			Y Cycle Cheryl FS				
Evening							
5:30PM		HIIT & Sculpt					
5:45PM	Strength & Stretch Yoga		Strength & Y Cycle Ben FS	Vinyasa Flow Yoga			
KEY	Location: FS = Fitness Studio G = Gym PLPS = Parking Lot Pine St.						
	HYBRID (Virtual & In-Person)		IN-PERSON ONLY		VIRTUAL		

GROUP FITNESS

- Classes are for active Holyoke Y members
- Refer to "Schedules" on www.holyokeymca.org for class description and additional information.
- **Registration Required for Y Cycle and virtual classes** – see online registration below.
- The Holyoke Y is partnering with the Hampshire Regional Y to offer virtual evening and Saturday classes.
- If you are interested in trying a class email mowens@holyokymca.org

ONLINE REGISTRATION

- Visit 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.

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.

The above information and guidelines are in place to ensure safe and successful programs. If you have any questions or concerns, contact Mary Kate Owens at 413-534-5631 or mowens@holyokeymca.org