

Greater Holyoke YMCA

Group Fitness SUMMER Schedule

Effective June 7, 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning							
6:15AM	Total Fitness with Lindsey G	Bootcamp with Jenn PLPS	Total Fitness with Lindsey G	Bootcamp with Jenn PLPS	Total Fitness with Lindsey G		
8:30 AM		Body Sculpt with Julie G		Body Sculpt with Julie G			
9:00AM	AOA with Mary Kate G		AOA with Mary Kate G		AOA with Mary Kate G	Cardio Strength Combo	
Evening							
5:30PM		HIIT & Sculpt					
5:45PM	Strength & Stretch Yoga		Strength & Conditioning with Ben G	Vinyasa Flow Yoga			
KEY	Location: G = Gym PLPS = Parking Lot Pine St.						
	HYBRID (Virtual & In-Person)		IN-PERSON		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 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 virtual or In-Person class email mowens@holyokymca.org

ONLINE REGISTRATION

- Visit 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