



NEWPORT COUNTY YMCA

Group Exercise Schedule

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am Spin Vanessa Egan	7:00am Spin Beatrix Lavigueur		6:30am Spin Kathy Lavigueur		7:30am Spin Kristina Coitoia
	7:45am* HIIT Lisa Hostetler	8:30am* Step Ana Bartlett	6:30am* Deck of Cards Michelle Skookra	8:30am* Above & Below Kathy Lavigueur	9:00am Spin Bailey Holland
8:15am Spin Ashley Cotta	9:00am* Zumba Toning Jess Shea	9:15am Spin Kathy Lavigueur	8:30am* Butts n' Guts Cheryl Nichols	9:15am Spin Kelly Miller	9:00am* Zumba Toning Lisa Hostetler
8:30am* Kickboxing Tish D'Amore	10:30am* Core Principles Anna Gibbons	10:00am* Yin Yoga Ana Bartlett	9:15am Spin Kathy Lavigueur	9:00am ZOOM Zumba for All Jess Shea	11:00am* Power Yoga Karen Vaccaro
9:45am* Dance Mix Denise McCarthy	10:30am ZOOM DAPpers Rachel Balaban		9:30am* Cardio Barre Mix Lisa Hostetler	9:45am* Ballet Barre Denise McCarthy	
2:30pm* Zumba Gold AOA Jess Shea	2:30PM Sensory Spin Cori Kilzi	2:00pm* Senior Strength AOA Jess Shea	2:30pm* Drums Alive AOA Jess Shea		
5:00pm* Body Pump Monica Silva	5:00pm* Booty Core Cardio Kara King Barron	5:00pm Spin Kara Thorton	4:00pm* Tune-Up Denise McCarthy		
5:30pm Spin Beatrix Lavigueur	5:30pm Spin Kelsey Martin	5:30pm* Body Pump Monica Burnley	5:00pm Begin To Spin Kara Thorton		
6:00pm Restorative Yoga (FB) Mimi Vindaver Davis			5:30pm* Body Pump Erin Smith	5:30PM* Zumba Jess Shea	
6:30pm* Zumba Yazmin Chilomer	6:30pm* Yoga Karen Vaccaro	6:40pm* Zumba & Toning Kathy Naddaff			

* Indicates in-person class with live stream available on our website. Can't make it to class? Please visit <https://newportymca.org/workout-livestream/>

CFP - offering live in-person and virtual options! Please see our CFP class schedule for more details.