



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	6:30am* Yin Yoga Justine McGowan		6:30am Spin Kathy Lavigueur		
7:00am* Vinyasa Yoga Justine McGowan	7:45am* HIIT Lisa Hostetler		6:30am* Deck of Cards Michelle Skookra	7:30am* Zumba Lisa Hostetler	7:30am Spin Kristina Coitoia
8:15am Spin Ashley Cotta	8:15am Spin Kathy Lavigueur	8:30am* Step Ana Bartlett	8:30am* Body Pump Cheryl Nichols	8:30am* Above & Below Kathy Lavigueur	8:00am* HIIT Lisa Hostetler
8:30am* Kickboxing Tish D'Amore	9:00am* Zumba Toning Jess Shea	9:15am Spin Kathy Lavigueur	9:15am Spin Kathy Lavigueur	9:00am ZOOM Zumba for All Jess Shea	9:15am* Zumba Toning Kathy Naddaff
9:30am* Dance Mix Denise McCarthy	10:30am* Core Principles Anna Gibbons	9:30am* Yin Yoga Ana Bartlett	9:30am* Cardio Barre Mix Lisa Hostetler	9:45am* Tone-Up Denise McCarthy	
10:30am* Barre Denise McCarthy	10:30am ZOOM DAPpers Rachel Balaban	10:30* Sculpt and Tone Sharon Giannelli		11:00am* Yoga for Life Sharon Pearson	11:00am* Power Yoga Karen Vaccaro
	1:00PM APA Strength Linda Cabral	1:00PM APA Chair Yoga Linda Cabral			
2:30pm* AOA/APA Zumba Gold Jess Shea		2:00pm* AOA Senior Strength Jess Shea	2:30pm* AOA/APA Drums Alive Jess Shea		
5:30pm* Olympic&Tabata Challenge Martina Aldrich	5:00pm Booty Core Cardio Kara King Barron	5:30pm* Body Pump Bridget Taylor	5:30pm* HIIT Ashley Cotta	5:30pm* Yin Yoga Justine McGowan	
	5:30pm Spin Kelsey Martin				
6:40pm* Zumba Kathy Naddaff	6:30pm* Yoga Karen Vaccaro	6:40pm* Zumba & Toning Jess Shea			