



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WANG YMCA of CHINATOWN GROUP EXERCISE CLASS SCHEDULE

8 Oak Street West, Boston, MA 02116
617-426-2237
ymcaboston.org/wang

Guests staying at the DoubleTree by Hilton Boston-Downtown gain complimentary access to the state-of-the-art fitness facilities at the Wang YMCA of Chinatown. Check the schedule below for group exercises classes happening during your stay.

Effective April 25, 2011

Group Exercise Studio	Monday	6:45 – 7:45am	Cardio Sculpt	Melinda
		8:00 – 9:00 am	New!! ZUMBA	Justin
		4:30 – 5:15 pm	Muscle Conditioning	Shannon
		5:15 – 6:00 pm	Cardio Kickboxing	Shannon
		6:00 – 7:15 pm	Yoga	Dorian
	Tuesday	7:30 – 9:00 pm	Shorin-Ryu Karate	Emiliano
		8:00 – 9:00 am	Tai Chi	Kim
		9:30 – 10:30 am	Active Older Adult (AOA) Land Exercise	Larry
		12:00 – 1:00 pm	YogaFit	Matt
		5:30 – 6:15 pm	Cardio Sculpt	Melinda
		6:15 – 6:30 pm	Abs Express	Gladys
	Wednesday	6:30 – 7:15 pm	Cardio Salsa	Gladys
		12:15 – 1:15 pm	Power Pilates	Elleen
		8:00 – 9:00 am	New!! ZUMBA	Justin
		4:30 – 5:15 pm	Muscle Conditioning	Shannon
		5:15 – 6:00 pm	Cardio Kickboxing	Shannon
	Thursday	6:00 – 7:15 pm	Yoga	Gene
		7:30 – 9:00 pm	Shorin-Ryu Karate	Emiliano
		8:00 – 9:00 am	Tai Chi	Kim
		9:30 – 10:30 am	Active Older Adult (AOA) Land Exercise	Larry
6:00 – 7:00 pm		Outdoor Running Club <i>(weather permitting)</i>	Freddy/Melinda	
Friday	5:30 – 6:30 pm	Hip Hop	Billy	
	6:30 – 7:30 pm	Yoga	Saundra	
Saturday	12:15 – 1:15pm	Power Pilates	Elleen	
	5:30 – 6:30 pm	Power Pilates	Elleen	
Sunday	8:00 – 9:25am	Yoga	Stephanie	
	9:45 – 11:15 am	Yoga	Dorian	
	11:30am – 12:30pm	Martial Arts for Kids	Keith	
		12:30 – 2:00 pm	Shorin-Ryu Karate	Emiliano

Pool	Monday	9:30 – 10:30 am	Active Older Adult Water Exercise	Mary K.
	Wednesday	9:30 – 10:30 am	Active Older Adult Water Exercise	Mary K.
	Friday	9:30 – 10:30 am	Active Older Adult Water Exercise	Mary K.
	Sunday	9:00 – 10:00 am	Water Exercise	Lynn

