



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

# FALL RIVER YMCA

## Group Exercise Schedule

Contact: Emily Bird- Wellness Director  
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Schedule in Effect as of February 13<sup>th</sup>- April 23<sup>rd</sup>, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Zumba Christie/Joanne 5:15-6:15 am			Y Cycle* Kimberly 9:00-9:45 am
Y Cycle* Emily 6:15-7:00 am	Yoga Katie 8:00-9:00 am	Y Cycle* Katie 6:15-7:00 am	Yoga Lauren 8:00-9:00 am	Y Cycle* Tracy 6:15-7:00 am	Zumba Maria 10:00-11:00 am
Forever Young Elaine 7:00-8:00 am		Forever Young Elaine 7:00-8:00 am		Forever Young Elaine 7:00-8:00 am	Yoga Stephanie 11:30 am-12:30 pm
Power Circuit ! Karen 7:00-7:30 am	Water Aerobics # Lisa 9:00-9:45 am	Water Aerobics # Cathy 9:00-9:45 am	Water Aerobics # Arielle 9:00-9:45 am	Water Aerobics # Chris 9:00-9:45 am	
Water Aerobics # Arielle 9:00-9:45 am	Chair Yoga Cathy 10:15- 11:00 am	Tai Chi Nik 9:00-10:00 am			
Yoga Mary 10:00-11:00 am	Functional Tone ! Joe 5:00-5:30 pm	Yoga Mary 10:00-11:00 am	Functional Tone ! Joe 5:00-5:30 pm		
Water Aerobics # Lisa 10:30-11:15 am	Total Body Burn Kimberly 5:30-6:30 pm	Water Aerobics # Arielle 10:30-11:15 am	Zumba Dawn 5:30-6:30 pm	Aqua Zumba # Maria 10:30-11:15 am	
Enhance@Fitness Emily 11:15 am-12:15 pm	Y Cycle* Nancy 5:30-6:15 pm	Enhance@Fitness Emily 11:15 am-12:15 pm	Y Cycle* Kimberly 5:30-6:15 pm	Enhance@Fitness Emily 11:15am -12:15 pm	
Zumba Nicole M. 5:00-6:00 pm	Water Aerobics # Lois 6:00-7:00 pm	Y Cross Train Karen 5:30-6:20 pm	Water Aerobics # Lisa 6:00-7:00 pm		
BUTI Sculpt Nicole 6:00-6:30 pm		Intro to Y Cycle* Kimberly 5:45-6:15 pm			
Yoga Stephanie 6:30-7:30 pm	Belly Dancing Christine 6:30-7:30 pm	Stability Fusion Tracy 6:30-7:15 pm	Stretch, Tone & Barre Christine 6:30-7:30 pm	Zumba Christie/Joanne 6:15-7:15 pm	