




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

New Bedford YMCA Group Exercise Schedule

Contact: Mary Beth Gamache Wellness Director
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**Classes for Active
 Older Adults**

Schedule in Effect as of January 9, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Stretch Flex Rodney 6:00 - 7:00 am		Stretch Flex Rodney 6:00 - 7:00 am	Mornng Circuit Patty 6:00 - 6:45 am	Stretch Flex Rodney 6:00 - 7:00 am	Body Sculpting Alicia 8:00 - 9:00 am	Yoga Sarah 8:00 - 9:00 am
		Gentle Yoga Vickie Smith 9:00 - 10:00 am		Barre Connect Dara 9:00 - 10:00 am	Body Challenge Mary Beth 9:00 - 10:00 am	
Functional Pump Cardio Wayne 8:30-9:30 am	BOSU, Cardio, Core & Strength Circuit Dara 9:00 - 10:00 am	20.20.20 Julie 10:00 - 11:00 am	20.20.20 Julie 9:00 - 10:00 am		Y CrossTrain # 9:30 - 10:15 am	
Tabata Cardio Core Dara 9:30 - 10:30 am	Zumba Gold Jacqui 10:00 - 11:00 am	Yoga Vickie 12:00 - 1:00 pm	Line Dancing Victor 10:00 - 11:00 am	Tabata Training Dara 10:00 - 11:00 am	Zumba Jeannette 10:00 - 11:00 am	
	Functional Pump Wayne 12:00 - 1:00 pm		Functional Pump Wayne 12:00 - 1:00 pm	Functional Core Express Wayne 12:00 - 12:30 pm	<div data-bbox="1501 893 2016 1445" data-label="Complex-Block"> <p>New Bedford Y Cycle</p> <p>Monday 5:15 pm Tuesday 5:15 pm Wednesday 5:15 pm Thursday 5:15 pm Saturday 8:00 am</p> <p>Members: Free General Public: Day Pass Fee</p>  </div>	
Line Dancing Victor 4:00 - 5:00 pm	Half HourPower Jenny 4:30 - 5:00 pm	Functional Pump Wayne 5:00 - 6:00 pm		Yoga Vickie 12:30-1:30 pm		
Functional Pump Wayne 5:00 - 6:00 pm	Zumba Jeannette 5:00 - 6:00 pm	Stretch Flex * Rodney 5:00 - 6:00 pm	Zumba Jeannette 5:00 - 6:00 pm	Stretch Flex Rodney 5:00 - 6:00 pm		
Stretch Flex * Rodney 5:00 - 6:00 pm		CIZE Jennie 6:00 - 7:00 pm				
Insanity Jennie 6:00 - 7:00 pm	Body Challenge Mary Beth 6:00 - 7:00 pm	Y CrossTrain # Mike/Theresa 6:00 - 6:45 pm	Insanity Jenny 6:00 - 7:00 pm			
Hatha Yoga Sy 7:00 - 8:00 pm		Yoga Sarah 7:00 - 8:00 pm				

All classes held in the Group Exercise Studio unless noted: Gymnasium = # | Raquetball Court B = *