



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


# New Bedford YMCA

## Group Exercise Schedule

Contact: Mary Beth Gamache Wellness Director  
 508.997.0734 x130 · mgamache@ymcasouthcoast.org

**Classes for Active  
 Older Adults**

**Schedule in Effect as of April 19, 2017**

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

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