



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA NEW BEDFORD

GROUP EXERCISE SCHEDULE

RESERVATIONS ARE REQUIRED ON GROUPEXPRO.COM
CLASSES ARE SUBJECT TO CHANGE
AS OF 5.3.22

MON	TUES	WED	THURS	FRI	SAT	SUN
6AM Spin Deidre/Studio	6AM Spin Deidre/Studio	8AM Butts n' Guts Julie/Studio	6AM Spin Deidre/Studio	9AM Tabata Robin/Studio	8:15AM Spin Sue B/Studio	7:45AM Spin Deidre/Studio
8AM Butts n' Guts Robin/Studio	8AM Tabata Julie/Studio	9AM Tabata Julie/Studio	7AM YOGA Nicole/Studio	10AM Cardio Drum Robin/Studio	9:30AM Intervals Kelly/Track	9:30AM Circuit/Strenght Robin/Studio
9AM Tabata Robin/Studio	9AM Cardio Drum Robin/Studio	5:30PM Crosstrain Lynn/Track	8AM 20.20.20 Julie/Studio		9:15AM Cardio/Strenght Robin/Studio	
11AM Dance Stretch Balance Ann Marie/Studio	10AM Zumba Jacqui/Studio	5:15PM Cardio Mix Jennie/Studio	9AM Stretch n Fit Julie/Studio		10:15AM Zumba Jessica/Studio	
12:15 PM Power Hour Emily/Studio	11:15 AM Power Hour Emily/Studio		10AM Dance Victor/Studio		11:30AM Mindfull Meditation Vickie/Studio	
5:30PM Spin Sue S/Studio	5:15PM Spin Sue B/ Studio		5 PM Zumba Rayana/Studio			
5:30PM Bootcamp Kelly/Track	5:30PM Body Challenge Theresa/Gym		5:00PM Spin Kelly/Track			
			6PM Insanity Jennie/Studio			

All classes held in the Group Exercise Studio unless noted: P.Lot = Parking Lot, Court = Racquet Ball Court

Description

20.20.20 – 20 minutes of upper / 20 lower / 20 abdominals

Body Challenge / Crosstrain – Designed to help strengthen and build cardiovascular endurance. Body weight exercises using dumbbells.

Bootcamp – This class offers a fun-packed combination of functional strength, core, and cardiovascular moves. You will leave having worked every muscle in your body!

Butts n' Guts – This class focuses on movements that target the glutes and abdominals.

Cardio Drum - Using a stability ball with drum sticks for full body cardiovascular and muscle endurance movement.

Cardio Mix / Cardio Mix – High energy cardio workout! A mix of kickboxing, dance, and athletic drills.

Cardio Strength - Half strength paired with half cardio

Circuit Strength – A form of high intensity interval training instructed in certain sets. Work hard for 20+ seconds followed by a short period of rest. This workout will help you burn, sweat, and strengthen!

Dance – Leave your worries and stress behind! Victor will take you through the decades with his choreographed line dancing. Low impact with high energy and spirits!

Insanity -

Mindful Meditation -

Power Hour - A full body class that targets your core, arms, legs and glutes using weights, bands and other equipment to add extra resistance & to amplify your work out

SPIN - Your instructor will keep you and your muscles fully engaged the entire class. Expect a mix of climbing hills, sprinting, standing, and flat rides. By changing up the pace and intensity, your instructor will make sure you get an amazing workout.

Stretch and Fit – A low impact workout with little to no weights. A total body workout with active stretching.

Tabata/Intervals – A form of high intensity interval training instructed in certain sets. Work hard for 20+ seconds followed by a short period of rest. This workout will help you burn, sweat, and strengthen!

Yoga – Strengthen and lengthen your muscles while concentrating on breath, mind, and movement

Zumba – Zumba W/ Jacqui offers a Latin mix with low impact moves.

Zumba W/Jessica offers dance moves and music from top 40.

Zumba W/Rayana offers a Latin/pop mix.

***ALL classes are for ALL fitness levels! Whether you are an avid group fitness enthusiast or here for the first time. The classes available are a ZERO judgement zone with MANDATORY fun while working up a sweat of course!!**