

SEPTEMBER/OCTOBER GROUP EXERCISE CLASSES



MONDAY

8:00am
Triple A's w/Robin
9:00am
Cardio Drums w/Robin
10:00am
Zumba Gold w/ Ann Marie
4:30pm
Insanity w/Jenny
(Starts Sept. 18th)
5:30pm
Spin w/Sue S
5:30pm
Interval Training w/Lynn
(Track)
6:30pm
Power Hour w/Emily

TUESDAY

6:00am
Spinning for Legs w/Diedre
8:00am
HIIT Boxing w/Julie
9:00am
Yogalates w/Micki
10:00am
Zumba Gold w/Jacqui
4:15pm
Zumba w/Jeanette
5:15pm
Spin w/Sue B
5:30pm
Body Blast w/Theresa
(Racquet Ball Court)

New Bedford YMCA
ymcasc.org

WEDNESDAY

8:00am
Curls & Crunches w/Julie
9:00am
Tabata w/Julie
10am
Active Aging w/Robin
5:15pm
Yoga Sculpt w/Ellen
6:15pm
Functional Fit w/Gina

THURSDAY

6:00am
Cycle & Arms w/Deidre
8:00am
Spin & Sculpt
9:00am
Stop, Drop, & Flow
10:00am
Low Impact w/Victor
5:00pm
Zumba w/Rayana
6:00pm
Power Hour w/Emily

FRIDAY

9:15am
Soul Fusion w/Mac
10:30am
Drum Fit w/Robin
11:30pm
Active Aging w/Robin
12pm
Lunch Crunch w/Jim R.
(The Escape Room)

SATURDAY

8:00am
Yoga Flow w/ Ellen
(Rotch-Jones-Duff
Museum)
8:15am
Spin w/Sue B
9:15am
HIIT Happens
w/Robin or Theresa
10:15am
Zumba w/Jessica

SUNDAY

7:45am
Spin-tervals w/Deidre
9:30am
Circuit Training w/Robin

**REGISTER USING OUR
YMCA Universal APP
RESERVATIONS REQUIRED**

**Download
YMCA Universal**

