

NOV/DEC GROUP EXERCISE CLASSES



MONDAY

6:00am
Spin w/Tracy
9:00am
Yoga Flow w/Mary
9:00am
Aqua Fit w/Shirley
10:30am
Chair Yoga w/Shirley
4:30pm
Triple A's w/Micki
6:00pm
Zumba w/Lidia

WEDNESDAY

6:00am
Spin & Sculpt w/Tracy
9:00am
Yoga Flow w/Mary
9:45am
Aqua Zumba w/Lidia
4:30pm
Butt & Gut w/Hailey
5:30pm
Yoga Flow w/Kathy

FRIDAY

6:00am
Spin w/Tracy
8:00am
Fab Abs w/Hailey
9:00am
Instructors Choice w/Micki or Hailey
9:00am
Aqua Tone w/Shirley
10:00am
Deep Water Aerobics w/Shirley

TUESDAY

7:30am
Tabata w/Tracy
9:00am
On the Ball w/Tracy
10:30am
Active Aging w/Hailey
4:45pm
Spin w/Stephanie
6:00pm
Zumba w/Joanne
6:00pm
Aqua Fit w/Kim

THURSDAY

9:00am
HIIT Happens w/Joel
10:30am
Active Aging w/Hailey
4:30pm
Arms & Abs w/Micki
5:30pm
Kick & Tone w/Cintia
6:00pm
Aqua S.M.I.L.E. w/Rita

SATURDAY

8:15am
Step & Dance w/Cintia
8:30am
Spin w/Kim
9:30am
Yoga w/Helena
9:30am
Active Aging w/Rita

Fall River YMCA

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