# NOV/DEC GROUP EXERCISE CLASSES

## MONDAY
- 9:00am  
  Instructor's Choice w/ Robin  
- 10am  
  Zumba Gold w/ Ann Marie  
- 4pm  
  Tabata w/Robin  
- 5:30pm  
  Spin w/Sue S  
- 5:30pm  
  BootCamp w/Kelly (Track)  
- 6:30pm  
  Power Hour w/Emily  

## TUESDAY
- 6:00am  
  Spin, Strength, & Stretch w/Diedre  
- 8:00am  
  Body Shred w/ Julie  
- 9:00am  
  Drum Fit w/Robin  
- 10:00am  
  Zumba w/ Jacqui  
- 11:15am  
  Power Hour w/ Emily  
- 4:00pm  
  HIIT Happens w/Micki  
- 5:00pm  
  Zumba w/Jeanette (Gym B)  

## WEDNESDAY
- 8:00am  
  Barre w/ Julie  
- 9:00am  
  Tabata w/ Julie  
- 10am  
  Active Aging w/Robin  
- 4:00pm  
  Cardio Drums w/ Robin  
- 5:15pm  
  Cardio Mega Mix w/ Jennie  
- 6:15pm  
  Yoga Flow w/Ellen  
  (Yoga starts Nov. 9th)  

## THURSDAY
- 6:00am  
  Cycle & Arms w/Deidre  
- 8:00am  
  Triple A's w/Julie  
- 9:00am  
  Stretch & Sculpt w/Julie  
- 10:00am  
  Low Impact w/Victor  
- 5:00pm  
  Zumba w/Rayana  
- 6:00pm  
  Insanity w/Jennie  

## FRIDAY
- 9:00am  
  TNT-Tabata w/Robin  
- 10:00am  
  Cardio Drums w/Robin  
- 12pm  
  Lunch Crunch w/ Jim R.  

## SATURDAY
- 8:15am  
  Spin w/Sue B  
- 9:15am  
  HIIT Happens w/Robin or Theresa  
- 9:30am  
  Intervals w/Kelly (Track)  
- 10:15am  
  Zumba w/Jessica  

## SUNDAY
- 7:45am  
  Spin w/Deidre  
- 9:30am  
  Cardio Pump w/Robin  
- 10:30am  
  Yoga Flow w/Ellen  
  (Yoga starts Nov. 6th)  

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**New Bedford YMCA**

Register using our app or on grouppexpro.com

Reservations required

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