

# 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)  
**5:15pm**  
Spin w/Sue B  
**5:30pm**  
Body Blast w/Theresa  
(Racquet Ball Court)

## WEDNESDAY

**8:00am**  
Barre w/ Juile  
**9:00am**  
Tabata w/ Julie  
**10am**  
Active Aging w/Robin  
**4:00pm**  
Caridio 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)

## New Bedford YMCA

**REGISTER USING OUR APP OR  
ON GROUPEXPRO.COM  
RESERVATIONS REQUIRED**

**Download  
YMCA Universal**



**ymcasc.org**