

JAN/FEB GROUP EXERCISE CLASSES



MONDAY

6:00am
Spin w/Tracy
9:00am
Yoga Flow w/Mary or Morgan
9:00am
Aqua Fit w/Shirley
10:30am
Chair Yoga w/Shirley
4:30pm
Kettlebell Kinetics w/Micki
6:00pm
Zumba w/Lidia

TUESDAY

8:00am
Instructor's Choice 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

WEDNESDAY

6:00am
Spin & Sculpt w/Tracy
9:00am
Yoga Flow w/Mary or Morgan
9:45am
Aqua Zumba w/Lidia
4:30pm
Arms & Abs w/Micki
5:30pm
Yoga Flow w/Helena

THURSDAY

9:00am
Butt & Gut w/Joel
10:30am
Active Aging w/Hailey
4:30pm
HIIT Hapens w/Louie
5:30pm
Kick & Tone w/Cintia
6:00pm
Aqua S.M.I.L.E. w/Rita

FRIDAY

6:00am
Spin w/Tracy
9:00am
Instructors Choice w/Louie
9:00am
Aqua Tone w/Shirley
10:00am
Power Hour w/Joel
10:00am
Deep Water Aerobics w/Shirley

SATURDAY

8:00am
Step & Dance w/Cintia
8:30am
Cycle w/Kim
9:30am
Restorative Yoga w/Morgan
9:30am
Boomer B.E.A.T.S. w/Rita

Fall River YMCA

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