

JAN/FEB 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
Interval Training w/Lynn (Track)
6:30pm
Power Hour w/Emily

TUESDAY

6:00am
Spinning for Legs w/Diedre
8:00am
Body Shred w/ Julie
9:00am
Drum Fit w/Robin
10:00am
Zumba w/ Jacqui
4:00pm
Happy New Rear 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
Cardio Drums w/ Robin
5:15pm
Power Yoga w/Ellen
6:15pm
Functional Fit w/Gina (Starts Jan. 11th)

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
Power Hour w/Emily

FRIDAY

9:00am
TNT-Tabata w/Robin
10:00am
Drum Fit 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/Lynn (Track)
10:15am
Zumba w/Jessica

SUNDAY

7:45am
Spin w/Deidre
9:30am
Cardio Pump w/Robin
10:30am
Yoga Flow w/Ellen

New Bedford YMCA

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