

# MAY/JUNE 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  
Cardio Core w/Micki  
6:00pm  
Zumba w/Lidia

## TUESDAY

8:00am  
Core & More w/Tracy  
9:00am  
20/20/20 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  
9:45am  
Aqua Zumba w/Lidia  
4:30pm  
Lift  
5:45pm  
Yoga Flow w/Helena

## THURSDAY

8:00AM  
Barre/Pilates w/Micki  
9:15am  
Zumba w/Lidia  
10:30am  
Active Aging w/Christine  
4:30pm  
Abs & Assets 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  
Circuit City w/Louie  
9:00am  
Aqua Tone w/Shirley  
10:00am  
Deep Water Aerobics  
w/Shirley

## SATURDAY

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

## Fall River YMCA

REGISTER USING OUR Ymca  
Universal APP  
RESERVATIONS REQUIRED

[ymcasc.org](http://ymcasc.org)

Download  
YMCA  
Universal

