

AUGUST GROUP EXERCISE CLASSES



MONDAY

6:00am
Spin w/Tracy
7:30am
Arms & Abs w/Micki
9:00am
Yoga Flow w/Mary
9:00am
Aqua Fit w/Shirley
10:30am
Chair Yoga w/Shirley
5:30pm
Zumba w/Lidia

TUESDAY

8:00am
Barre/Pilates w/Tracy
9:00am
Tabata w/Tracy
10:30am
Active Aging w/Hailey
4:45pm
Spin & Sculpt w/Stephanie
5:30pm
Zumba w/Lidia
6:00pm
Aqua Fit w/Kim

Fall River YMCA

REGISTER USING OUR Ymca
Universal APP
RESERVATIONS REQUIRED

ymcasc.org

WEDNESDAY

6:00am
Spin & Sculpt w/Tracy
7:30am
Butt & Gut w/Micki
9:00am
Yoga Flow w/Mary
9:45am
Aqua Zumba w/Lidia
4:30pm
Body Sculpt w/Hailey
5:45pm
Returning in September

THURSDAY

8:00am
Zumba w/Lidia
9:00am
Yogalates w/Micki
10:30am
Active Aging w/Christine
4:30pm
Returning in September
5:30pm
Returning in September
6:00pm
Aqua S.M.I.L.E. w/Rita

FRIDAY

6:00am
Spin w/Tracy
9:00am
Summer Circuit w/Lidia
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
Returning in September
9:30am
Boomer B.E.A.T.S. w/Rita

Download YMCA
Universal
App

