

NOVEMBER 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
Abs & Assets w/Micki
6:00pm
Turbo Tabata w/Lidia

TUESDAY

8:00am
Instructor's Choice
w/Tracy
9:00am
Tabata w/Tracy
10:30am
Active Aging w/Hailey
4:45pm
Spin & Sculpt
w/Stephanie
6:00pm
Zumba w/Lidia
6:00pm
Aqua Fit w/Kim

WEDNESDAY

6:00am
Spin & Sculpt w/Tracy
9:00am
Yoga Flow w/Mary
9:00am
Aqua Zumba w/Lidia
4:30pm
Curls & Crunches
w/Micki
6:00pm
Yoga Flow w/Grace

THURSDAY

8:00am
Barre w/Micki
9:00am
Zumba w/Lidia
10:30am
Active Aging w/Christine
4:45pm
Instructors Choice-TBD
6:00pm
Aqua S.M.I.L.E. w/Rita

FRIDAY

6:00am
Spin w/Tracy
9:00am
Circuit Training w/Lidia
9:00am
Aqua Tone w/Shirley
10:00am
Deep Water Aerobics
w/Shirley
10:30am
Yoga Flow w/Grace

SATURDAY

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

Fall River YMCA

**REGISTER USING OUR YMCA
Universal APP**
RESERVATIONS REQUIRED

Download YMCA
Universal
App



ymcasc.org