

# NOVEMBER/DEC. GROUP EXERCISE CLASSES



## MONDAY

8:00am  
Core & More w/Robin  
9:00am  
Tabata w/Robin  
10:00am  
Zumba Gold w/ Ann Marie  
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  
Spin & Sculpt w/Julie  
9:00am  
Yogalates w/Micki  
10:00am  
Zumba Gold w/Jacqui  
4:15pm  
Zumba w/Jeanette  
5:15pm  
Spin w/Sue B  
5:30pm  
Body Blast w/Theresa  
(Racquet Ball Court)  
6:15pm  
HIIT w/Jennie

**NEW Bedford YMCA**  
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## WEDNESDAY

8:00am  
Barre w/Julie  
9:00am  
Body Shred w/Julie  
10am  
Active Aging w/Robin  
4pm  
Cardio Drums w/Robin  
5:15pm  
Yoga Sculpt w/Ellen  
6:15pm  
Functional Fit w/Gina

## THURSDAY

6:00am  
Cycle & w/Deidre  
8:00am  
Cardio Mix w/Julie  
9:00am  
Stop, Drop, & Flow w/Julie  
10:00am  
Low Impact w/Victor  
5:00pm  
Zumba w/Rayana  
6:00pm  
Power Hour w/Emily

## FRIDAY

9:15am  
Soul Fusion w/Mac  
10:30am  
Drum Fit w/Robin  
11:30am  
Active Aging w/Robin  
12pm  
Lunch Crunch w/Jim R.  
(The Escape Room)

## SATURDAY

8:15am  
Spin w/Sue B  
9:15am  
HIIT Happens  
w/Robin or Theresa  
9:00am  
Interval Training  
w/Edyta (Track)  
10:15am  
Zumba w/Jessica

## SUNDAY

7:45am  
Spin-tervals w/Deidre  
9:30am  
Lift w/Robin  
10:30am  
Yoga Flow w/Ellen

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

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YMCA Universal**

