

# MAY/JUNE GROUP EXERCISE CLASSES



## MONDAY

8:00am  
Butt & Gut w/Robin  
9:00am  
Instructor's Choice w/Robin  
10:00am  
Zumba Gold w/ Ann Marie  
4:15pm  
Zumba w/Jeanette  
5:30pm  
Spin w/Jennie  
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  
Triple A's w/Micki  
10:00am  
Zumba Gold w/Jacqui  
5:15pm  
Spin w/Sue B  
5:30pm  
Body Blast w/Theresa  
(Racquet Ball Court)  
6:15pm  
Cardio Challenge w/Jennie

## WEDNESDAY

8:00am  
Barre w/Julie  
9:00am  
Tabata w/Julie  
10am  
Active Aging w/Robin  
5:15pm  
Yoga Sculpt w/Ellen  
6:15pm  
Lift & Power Flow w/Jennie

## THURSDAY

6:00am  
Cycle & w/Deidre  
8:00am  
Cardio Core 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

8:15am  
Power Circuit w/Dyana  
9:15am  
Soulkickboxing w/Mac  
10:30am  
Drum Fit w/Robin  
11:30am  
Active Aging w/Robin

## 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/Rayana

## SUNDAY

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

**Reservations Required**



**New Bedford YMCA**  
[Ymcasc.org](http://Ymcasc.org)