

JULY/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 Zumba w/Lidia
5:30pm
Turbo Tabata w/Lidia

TUESDAY

8:00am
Tabata w/Tracy
9:00am
On the Ball w/Tracy
10:30am
Active Aging w/Christine
11:30am
Chair Yoga w/Christine
4:45pm
Spin & Sculpt
w/Stephanie
5:30pm
Zumba w/Lidia
6:00pm
Aqua Fit w/Kim

WEDNESDAY

6:00am
Spin & Sculpt w/Tracy
7:30am
Butt Bible w/Micki
9:00am
Yoga Flow w/Mary
9:00am
Aqua Zumba w/Lidia
4:30pm
Summer Circuit w/Nate
(starts July 10th)
6:00pm
Yoga Flow w/Grace

THURSDAY

8:00am
Barre w/Deana
9:00am
Pilates w/Deana
10:30am
Active Aging w/Christine
11:30am
Chair Yoga w/Christine
4:30pm
Heatwave HIIT w/Nate
(starts July 11th)
6:00pm
Kick & Tone w/Cintia

FRIDAY

6:00am
Spin w/Tracy
8:00am
Zumba w/Lidia
9:00am
Tabata Blast w/Lidia
9:00am
Aqua Tone w/Shirley
10:00am
SOULstrength w/Mac
10:00am
Deep Water Aerobics
w/Shirley

SATURDAY

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

**Reservations
Required**



Fall River YMCA
ymcasc.org