

JULY/AUGUST GROUP EXERCISE CLASSES



MONDAY

8:00am
Core & More w/Robin
9:00am
Cardio Mix w/Robin
10:00am
Zumba Gold w/ Ann Marie
5:30pm
Interval Training w/Lynn
(Track)
6:00pm
Power Hour w/Emily

TUESDAY

6:00am
Spinning for Legs w/Diedre
8:00am
Tabata w/Julie
9:00am
Summer Shred 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
Triple A's w/Julie
10am
Active Aging w/Robin
5:15pm
Lift & Power Flow w/Jennie
6:15pm
Body Shred w/Edyta

THURSDAY

6:00am
Cycle w/Deidre
8:00am
Ride & Shine w/Julie
9:00am
Stretch Zone w/Julie
10:00am
Low Impact w/Victor
5:00pm
Zumba w/Rayana
6:00pm
Power Hour w/Emily

FRIDAY

8:00am
Power Circuit w/Dyana
9:00am
Flashback Friday w/Micki
10:15am
Cardio Drum w/Robin
11:15am
Active Aging w/Robin

SATURDAY

8:00am
Yoga Flow w/Ellen
(Rotch-Jones-Duff House)
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
Cardio Strength w/Robin

Reservations Required

New Bedford YMCA
Ymcasc.org

