

# OCTOBER GROUP EXERCISE CLASSES



## MONDAY

7:00am  
Yoga Flow w/Jae'Lynn  
9:00am  
Triple A's 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  
Instructors Choice w/Micki  
10:00am  
Zumba Gold w/Jacqui  
5:00pm  
Spin w/Sue B  
5:30pm  
Body Blast w/Theresa  
(Racquet Ball Court)  
6:00pm  
Cardio Challenge w/Jennie

## WEDNESDAY

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

## THURSDAY

6:00am  
Cycle w/Deidre  
7:00am  
Gentle Yoga w/Jae'Lynn  
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  
Circuit Shred w/Dyana  
9:00am  
Retro Rewind w/Micki  
10:15am  
Cardio Drum w/Robin  
11:15am  
Active Aging w/Robin

## SATURDAY

8:00am  
Spin w/Sue B  
9:00am  
Vinyasa Flow w/Jae'Lynn  
9:00am  
Interval Training w/Edyta  
(Track)  
10:00am  
Zumba w/Jessica

## SUNDAY

7:30am  
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)**

