

MARCH/APRIL GROUP EXERCISE CLASSES



MONDAY

7:00am
Yoga Flow w/Jae'Lynn
9:00am
Instructor Choice w/Robin
10:00am
Zumba Gold w/Anne Marie
4:00pm
Spin HIIT w/Micki
5:00pm
Arms & Abs w/Micki
5:30pm
Interval Training w/Lynn
(Track)
6:00pm
Power Hour w/Emily

TUESDAY

6:00am
Spinner's Choice w/Deidre
8:00am
Triple A's w/Julie
9:00am
Cardio Core 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
Tabata w/Jennie

WEDNESDAY

8:00am
Barre w/Julie
9:00am
Tabata w/Julie
10:00am
Active Aging w/Robin
4:00pm
Body Shred w/Micki
5:00pm
Energetic Flow w/Ellen
6:00pm
Lift & Power Flow w/Jennie

THURSDAY

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

FRIDAY

8:00am
Power Circuit w/Dyana
9:00am
Yoga Pump w/Mark (March)
Squeeze & Freeze w/Micki (April)
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'Lyn
9:00am
Interval Training w/Edyta
(Track)
10:00am
Zumba w/Jessica

SUNDAY

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

Reservations
Required



New BedfordYMCA