

AGES 12+

WELLNESS

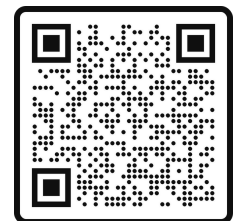
GROUP EXERCISE SCHEDULE

FALL RIVER YMCA

APRIL 15TH - MAY 31ST



MON	TUES	WED	THURS	FRI	SAT
SPIN Tracy 6:00am	CORE FLEX Tracy 8:00am	SPIN & SCULPT Tracy 6:00am	BARRE Deana 8:00am	SPIN Tracy 6:00am	STEP & SCULPT Tracy 8:00am
YOGA FLOW Mary 9:00am	TABATA BLAST Tracy 9:00am	YOGA FLOW Mary 9:00am	PILATES Deana 9:00am	ZUMBA Lidia 8:00am	SPIN Kim 8:30am
AQUA ZUMBA Lidia 9:00am	ACTIVE AGING Christine 10:30am	AQUA ZUMBA Lidia 9:00am	ACTIVE AGING Christine 10:30am	STRENGTH & SCULPT Lidia 9:00am	BOOMER B.E.A.T.S. Rita 9:30am
INSTRUCTOR'S CHOICE Tracy 4:30pm	CHAIR YOGA Christine 11:45am	TOTAL BODY CONDITIONING Sherri 4:30pm	CHAIR YOGA Christine 11:45am	AQUA FIT Deana 9:30am	YIN YOGA Deana 9:30am
TURBO TABATA Lidia 6:00pm	SPIN & SCULPT Stephanie 4:45pm	YOGA FLOW Grace 6:00pm	POWER CIRCUIT Lidia 4:45pm		
	AQUA FIT Kim 6:00pm		AQUA FIT Rita 5:30pm *Beginning 4/24		
	ZUMBA Lidia 6:00pm		CARDIO KICKBOXING Lidia 6:00pm		



RESERVATIONS REQUIRED



YMCA SOUTHCOAST
ymcasc.org

Dartmouth YMCA 508.996.3361 • Fall River YMCA 508.675.7841 • Gleason Family YMCA 508.295.9622
Mattapoisett YMCA 508.758.4203 • New Bedford YMCA 508.997.0734 • Stoico/FIRSTFED YMCA 508.678.9622