

AGES 12+

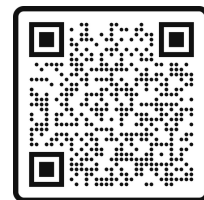
WELLNESS

GROUP EXERCISE SCHEDULE

NEW BEDFORD
MAY/JUNE

MON	TUES	WED	THURS	FRI	SAT	SUN
YOGA FLOW Jae'Lynn 7am	SPINNERS CHOICE Deidre 6am	BARRE Julie 8am	CYCLE & ARMS Deidre 6am	POWER CIRCUIT Dyana 8am	SPIN Sue 8am	SPIN-TERVALS Deidre 7:30am
TABATA Robin 9am	RIDE & SHINE Julie 8am	HIIT HAPPENS Julie 9am	TRIPLE A'S Julie 8am	20/20/20 Micki 9am	ZUMBA Jessica 9am	CARDIO CIRCUIT Robin 9:30am
ZUMBA GOLD Anne Marie 10am	ARMS & ASSETS Micki 9am	ACTIVE AGING Robin 10am	STRETCH ZONE Julie 9am	DRUM FOR FUN Robin 10:15am	INTERVAL TRAINING (TRACK) Edyta 9am	YOGA FLOW Ellen 10:30am
	ZUMBA GOLD Jacqui 10am		CARDIO GROOVE Victor 10am	ACTIVE AGING Robin 11:15am	YOGA FLOW Jae'Lyn 10:30am	
	S.E.A.T. Jacqui 11am					
KETTLE HIIT Micki 4pm	SPIN Sue 5pm	SPIN & SCULPT Micki 4pm				
ON THE BALL Micki 5pm	BODY BLAST Theresa 5:30pm	ENERGETIC FLOW Ellen 5pm	ZUMBA Rayana 5pm			
POWER HOUR Emily 6pm	TABATA Jennie 6pm	LIFT & FLOW Jennie 6pm	POWER HOUR Emily 6pm			

- Registration Required For All Classes
- No-Entry 10 Minutes After Class Starts
- Schedule Subject to Change
- Please Silence Phones During Class
- Questions? Contact Micki Poulton - MPoulton@ymcasc.org



SCAN TO
LEARN MORE



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