

AGES 12+

# GROUP EXERCISE SCHEDULE

NEW BEDFORD  
JUNE 2025

WELLNESS

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

Edyta  
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

will return in  
July

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

ON THE BALL

Micki  
4pm

YOGALATES

Micki  
5pm

BODY BLAST

Theresa  
5:30pm

SPIN

Jennie  
5pm

ZUMBA

Rayana  
5pm

POWER HOUR

Emily  
6pm

TABATA

Jennie  
6pm

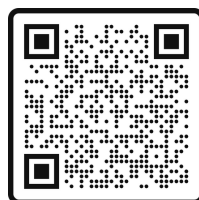
LIFT & FLOW

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](mailto:MPoulton@ymcasc.org)



SCAN TO  
LEARN MORE



YMCA SOUTHCOAST  
[ymcasc.org](http://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