

AGES 12+

WELLNESS

GROUP EXERCISE SCHEDULE

STUDIO 1

UPDATED SEPT 23 2025

MON

TUES

WED

THURS

FRI

SAT

SUN

BOOT CAMP

Liz
5:30am

YOGA

Pam
7:15am

YOGA

Jo
7:15am

YOGA

Sue
7:15am

YOGA

Pam
7:15

YOGA

Jo
7:15am

STRETCH & FLEX
YOGA

Jo
7:15 am

TAI CHI

David
10am

AIS

Deb
8:30am

TAI CHI

Mary Beth
9:00am

BALLROOM DANCE

Debbie I.
9:45am

LINE DANCE

Debbi I.
9:45am

NIA

Karen
10:00am

YOGA 90 MIN

Jon
11:10

AGELESS HEALTH

Lu
11:00am

HEALTHY & ACTIVE

Lena
11:00am

AGELESS HEALTH

Lu
11:00am

HEALTHY & ACTIVE

Lena
11:00am

AGELESS HEALTH

Lu
11:00am

X-PRESS

Lu
12:00pm

MOXI MOBILITY

Kathy
12:00pm

X-PRESS

Lu
12:00pm

MOXI MOBILITY

Kathy
12:00pm

X-PRESS

Lu
12:00pm

CHAIR YOGA

Pam
1:15pm

MOXI MOBILITY

Kathy
1:00pm

LATIN DANCE

Liz P.
4:55pm

BARRE FLOW

Marisa
5:00pm

ZUMBA TONE

Beth
4:55pm

STEP & SCULPT

Lena
6:05pm

SUN/MOON YOGA

Diandra
6:00pm



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

GROUP EXERCISE CLASS DESCRIPTIONS



BEGINNERS

Ageless Heath – A fun total body workout designed to improve balance, muscle stretch, flexibility, and cardiovascular fitness.
Parkinson's – A specially designed class to support and help improve the overall health of participants with Parkinson's and MS.

BEGINNER/INTERMEDIATE

Ballroom Dance – Come have fun and learn classic dances such as rumba, cha-cha, salsa, and the tango -- partners required.
Chair Yoga – Yoga made fun and easier, designed to help people enjoy the benefits of yoga without getting on the floor.
Healthy & Active – A fun, total-body workout to improve balance, strength, flexibility, and heart health.
Line Dancing – End the week on a fun calorie-burning hour of today's fun line dancing moves, no partner required.
Moxie Mobility – A balance and fall prevention exercise class

INTERMEDIATE/ ADVANCED

BARRE Flow – Mix of small controlled movements which challenge muscles differently, strength, balance & core.
Boot Camp – Strength training and cardio using dumbbells, body bars, bands, plyo-metrics, and bodyweight exercises.
Cycle Blast – 45 minutes of high-intensity cycle class finishing with 15 minutes of glutes or core
Cycle Butts/Guts – Ride and get that bottom and tummy tight -- a great workout to hit those problem areas.
Cycle Muscle Fusion – Invigorating workout combining cycling with barbell strength training to improve overall strength and endurance
Cycle 45 – A high intensity cycle combining climbs, sprints, standing, sitting, and jumps.
Power Hour – Build strength and endurance with dumbbells, bars, and steps. Cardio finishes this challenging workout.
Strength & Conditioning – build strength by proper form, dumbbells, body bars, bands, plyo-metrics, and body weight exercises.
EXTREME CARDIO BURN – High intensity interval training, alternates between bursts of cardio, resistance, body weight, exercises. It improves cardio vascular, builds strength, and increases metabolic weight.

ALL LEVELS

AIS (Active Isolated Stretching) – This active stretching class is for everyone, from athletes to beginners. Improve your quality of life and your workouts
Body Conditioning – This energetic class is choreographed to music using light barbells and high reps. Burn calories while shaping and toning your body.
Cycle – Bring it on, burn calories, and sweat with no impact cycling on our Keiser bikes.
Cycle N Hustle – Cycle and strength training workout to an upbeat playlist.
Liz's Latin Dance Party – Hot Hot Hot! Learn to move and shake to the hottest sounds this side of Tijuana! This movement/cardio class will teach you how to move to different Latin beats, adding one move to another, creating a fun dance routine.
NIA – Tired of the rigidity and pounding of aerobic exercise? NIA combines carefully selected movements and concepts from Yoga, Tai Chi, Tae Kwan Do, Aikido, Jazz, Modern Dance, and other movement forms.
Pilates – A classical pilates class focused on a stronger core, better posture, and enhancing body awareness.
Step & Sculpt – Develop muscular strength and endurance as well as functional movements using a variety of controlled exercises and step equipment
Stretch & Flex Yoga – A combination of stretches and yoga, body awareness, balance, flexibility, mobility, and helps reduce stress
Sun/Moon Yoga – Accessible yoga skills & techniques that help to bring peace of mind, freedom of movement, and healing.
Tai Chi – This is a healing martial art class that combines many movements with breathing and stretching techniques
X-Press – Short on time! Then come try our half-hour X-press workout. This class focuses on strength training and cardio using dumbbells, body bars, bands, plyo-metrics, and body weight exercises
Yoga – This class is designed to develop a working body vocabulary, stressing proper body placement, joint capabilities, and flexibility. Learn relaxation skills for your body, mind and spirit.
Yoga 90 – A 90-minute yoga class, participants are welcome to leave after 60 minutes.
Zumba – This movement/cardio class will teach you how to move to different Latin beats, adding one move to another, creating a fun dance routine.

ALL classes are for ALL fitness levels! Whether you are an avid group fitness enthusiast or here for the first time.
The classes available are ZERO judgement zone with MANDATORY fun while busting a sweat of course!