

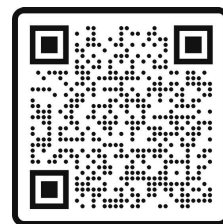
AGES 12+

GROUP EXERCISE SCHEDULE

FALL RIVER YMCA
JULY

WELLNESS

MON	TUES	WED	THURS	FRI	SAT
SPIN Tracy 6:00am	INTERVALS Tracy 7:30am	SPIN & SCULPT Tracy 6:00am	BARRE Deana 8:00am	SPIN Tracy 6:00am	STEP & SCULPT Cintia 8:00am
MUSCLE MADNESS Sherri 7:30am	AQUA MOVEMENT Robyn 7:45am	TABATA BLAST Sherri 7:30am	YIN YOGA Deana 9:00am	S.E.A.T. Kara 8:30am	SPIN Kim 8:30am
YOGA FLOW Mary 9:00am	WEEKDAY WEIGHTS Tracy 8:00am	YOGA FLOW Mary 9:00am	ACTIVE AGING Christine 10:30am	AQUA FIT Deana 9:30am	BOOMER B.E.A.T.S. Rita 9:30am
AQUA ZUMBA Lidia 9:00am	CORE & BALANCE Tracy 8:30am	AQUA ZUMBA Lidia 9:00am	AQUA MOVEMENT Christine 11:45am	STRENGTH & SCULPT Lidia 6:00pm	YIN YOGA Deana 9:30am
TABATA Lidia 6:00pm	ACTIVE AGING Christine 10:30am	YOGA FLOW Grace 6:00pm	AQUA FIT Rita 5:30pm		
	SPIN & SCULPT Stephanie 4:45pm		POWER CIRCUIT Lidia 6:00pm		
	AQUA FIT Kim 6:00pm				
	ZUMBA 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