

AGES 12+

GROUP EXERCISE SCHEDULE

NEW BEDFORD
JULY/AUGUST 2025

WELLNESS

MON

TUES

WED

THURS

FRI

SAT

SUN

YOGA FLOW

Jae'Lynn
7am

SPINNERS CHOICE

Deidre
6am

RAISE THE BARRE

Julie
8am

CYCLE & ARMS

Deidre
6am

SUMMER CIRCUIT

Rachel
8am

SPIN

Sue
8am

SPIN-TERVALS

Deidre
7:30am

TABATA

Robin
9am

SUNRISE STRETCH

Julie
8am

HEATWAVE HIIT

Julie
9am

LIFT

Julie
8am

POWER MIX

Edyta
9am

ZUMBA

Jessica
9am

LIFT

Robin
9:30am

ZUMBA GOLD

Anne Marie
10am

SUMMER SHRED

Micki
9am

POWER PILATES

Micki
10am

STRETCH ZONE

Julie
9am

DRUM FOR FUN

Robin
10:15am

INTERVAL TRAINING
(TRACK)

Edyta
9am

BOOT SCOOTIN'

Rachel
11am

YOGA FOR BOOMERS

Mark
11am

ZUMBA GOLD

Jacqui
10am

ACTIVE AGING

Robin
11:15am

CARDIO GROOVE

Victor
10am

ACTIVE AGING

Robin
11:15am

YOGA FLOW

Jae'Lyn
10:30am

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SIGN-UP AT
FRONT DESK

↑
SIGN-UP AT
FRONT DESK

S.E.A.T.

Jacqui/Mark
11am

YOGA FOR BOOMERS

Mark
11am

↑
SIGN-UP AT
FRONT DESK

GENTLE YOGA

Deb
4pm

TRIPLE A'S

Micki
4pm

SPIN

Sue
5pm

ENERGETIC FLOW

Deb
4pm

YOGALATES

Micki
5pm

BODY BLAST

Theresa
5:30pm

SPIN

Jennie
5pm

ZUMBA

Rayana
5pm

POWER HOUR

Emily
6pm

TABATA

Jennie
6pm

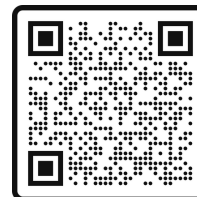
LIFT & FLOW

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



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