

AGES 12+

WELLNESS

GROUP EXERCISE SCHEDULE

NEW BEDFORD
SEPTEMBER 2025

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

CIRCUIT

Rachel
8am

SPIN

Sue
8am

SPIN-TERVALS

Deidre
7:30am

TABATA

Robin
9am

SUNRISE STRETCH

Julie
8am

HIIT HAPPENS

Julie
9am

LIFT

Julie
8am

POWER MIX

Edyta
9am

INTERVAL TRAINING (TRACK)

Edyta
8am

LIFT

Robin
9:30am

ZUMBA GOLD

Anne Marie
10am

BODY SHRED

Rachel
9am

ACTIVE AGING

Robin
10am

STRETCH ZONE

Julie
9am

DRUM FOR FUN

Robin
10:15am

ZUMBA

Jessica
9am

YOGA FOR BOOMERS

Mark
11am

ZUMBA GOLD

Jacqui
10am

CARDIO GROOVE

Victor
10am

ACTIVE AGING

Robin
11:15am

YOGA FLOW

Jae'Lyn
10:30am

S.E.A.T.

Mark
11am

YOGA FOR BOOMERS

Mark
11am

GENTLE YOGA

Deb
4pm

TRIPLE A'S

Rachel
4pm

SPIN

Sue
5pm

ENERGETIC FLOW

Deb
4pm

YOGALATES

5pm
"Returning in October"

BODY BLAST

Theresa
5:30pm

CARDIO CORE

Jennie
5pm

ZUMBA

Rayana
5pm

POWER HOUR

Logan
6pm

TABATA

Jennie
6pm

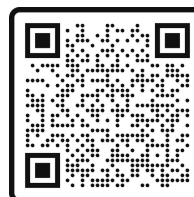
LIFT & FLOW

Jennie
6pm

POWER HOUR

Logan
6pm

- To stay up to date with changes and to secure your spot, registration is highly encouraged for all classes
- Schedule subject to change
- Please silence phones during class



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