

AGES 12+

# GROUP EXERCISE SCHEDULE

FALL RIVER YMCA  
OCTOBER

WELLNESS

MON	TUES	WED	THURS	FRI	SAT
<b>SPIN</b> Tracy 6:00am	<b>AQUA MOVEMENT</b> Robyn 7:45am	<b>SPIN &amp; SCULPT</b> Tracy 6:00am	<b>BARRE</b> Deana 8:00am	<b>SPIN</b> Tracy 6:00am	<b>STRENGTH TRAINING</b> Cintia 7:10am
<b>YOGA FLOW</b> Mary 9:00am	<b>POWER CIRCUIT</b> Tracy 8:00am	<b>YOGA FLOW</b> Mary 9:00am	<b>INSTRUCTOR'S CHOICE</b> Deana 9:00am	<b>TOTAL BODY CONDITIONING</b> Lidia 9:00am	<b>STEP &amp; TONE</b> Cintia 8:00am
<b>AQUA ZUMBA</b> Lidia 9:00am	<b>ON THE BALL</b> Tracy 9:00am	<b>AQUA ZUMBA</b> Lidia 9:00am	<b>AQUA S.M.I.L.E.</b> Rita 9:15am	<b>AQUA FIT</b> Deana 9:30am	<b>SPIN</b> Kim 8:30am
<b>MUSCLE MADNESS</b> Sherri 4:30pm	<b>ACTIVE AGING</b> Christine 10:30am	<b>TABATA BLAST</b> Sherri 4:30pm	<b>ACTIVE AGING</b> Christine 10:30am	<b>DEEP WATER AEROBICS</b> Shirley 10:30am	<b>BOOMER B.E.A.T.S.</b> Rita 9:30am
<b>TABATA</b> Lidia 6:00pm	<b>SPIN</b> Cintia 4:45pm		<b>CARDIO SCULPT</b> Sherri 4:00pm	<b>INSTRUCTOR'S CHOICE</b> Lidia 6:00pm	<b>YIN YOGA</b> Deana 9:30am
	<b>TABATA</b> Cintia 5:30pm		<b>POWER CIRCUIT</b> Lidia 6:00pm		
	<b>AQUA FIT</b> Kim 5:30pm				
	<b>ZUMBA</b> 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