

AGES 12+

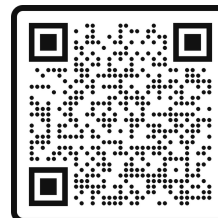
GROUP EXERCISE SCHEDULE

FALL RIVER YMCA

EFFECTIVE 11.5.25

WELLNESS

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