

AGES 12+

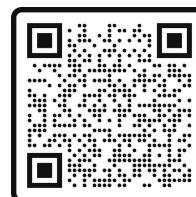
WELLNESS

GROUP EXERCISE SCHEDULE

NEW BEDFORD
NOVEMBER/DECEMBER 2025

MON	TUES	WED	THURS	FRI	SAT	SUN
YOGA FLOW Ellen 7am	SPINNERS CHOICE Deidre 6am	CORE & MORE Julie 8am	CYCLE & ARMS Deidre 6am	STEP & STRENGTH Rachel 8am	SPIN Sue 8am	SPIN-TERVALS Deidre 7:30am
INSTRUCTOR'S CHOICE Robin 9am	SPIN & SCULPT Julie 8am	HIIT HAPPENS Julie 9am	TRIPLE A'S Julie 8am	POWER MIX Edyta 9am	INTERVAL TRAINING (TRACK) Edyta 8am	CARDIO STRENGTH Robin 9:30am
ZUMBA GOLD Anne Marie 10am	CRANK YOUR CORE Rachel 9am	FOREVER FIT Robin 10am	STRETCH ZONE Julie 9am	DRUM FOR FUN Robin 10:15am	ZUMBA Jessica 9am	AWAKENING YOGA Ellen 10:30pm
	ZUMBA GOLD Jacqui 10am		CARDIO GROOVE Victor 10am	FOREVER FIT Robin 11:15am	YOGA FLOW Jae'Lyn 10:30am	
	GENTLE YOGA Deb 4pm					
HIIT THE TRACK Rachel 4pm	SPIN Sue 5pm	POWER YOGA Ellen 4pm	ENERGETIC FLOW Deb 4pm			
ZUMBA Rayana 5pm	BODY BLAST Theresa 5:30pm	CORE STRENGTH 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
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