

AGES 12+

WELLNESS

GROUP EXERCISE SCHEDULE

STUDIO 1

UPDATED 2/11/2026

MON	TUES	WED	THURS	FRI	SAT	SUN
				BOOT CAMP Liz 5:30am		
YOGA Pam 7:15am	YOGA Jo 7:15am	YOGA Diane 7:15am	YOGA Pam 7:15	YOGA Jo 7:15am	STRETCH & FLEX YOGA Jo 7:15 am	
AIS Deb 8:30am	TAI CHI Mary Beth 9:00am					YOGA 90 MIN Jon 11:10
BALLROOM DANCE Debbie I. 9:45am				LINE DANCE Debbi I. 9:45am	NIA Karen 10:00am	
AGELESS HEALTH Lu 11:00am	HEALTHY & ACTIVE Lena 11:00am	AGELESS HEALTH Lu 11:00am	HEALTHY & ACTIVE Lena 11:00am	AGELESS HEALTH Lu 11:00am		
X-PRESS Lu 12:00pm		X-PRESS Lu 12:00pm	MOXI MOBILITY Kathy 12:00pm	X-PRESS Lu 12:00pm		
	CHAIR YOGA Pam 1:15pm		MOXI MOBILITY Kathy 1:00pm			
LATIN DANCE Liz P. 4:55pm	BE-BARRELESS Marisa 5:00pm	ZUMBA TONE Beth 4:55pm				
BODYPUMP Suzanne 6:05p.m.	SUN/MOON YOGA Diandra 6:00pm					



SCAN TO
LEARN MORE



YMCA SOUTHCOST

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

GROUP EXERCISE CLASS DESCRIPTIONS



BEGINNERS

Ageless Heath - A fun total body workout designed to improve balance, muscle stretch, flexibility, and cardiovascular fitness.
Parkinson's - A specially designed class to support and help improve the overall health of participants with Parkinson's and MS.

BEGINNER/INTERMEDIATE

Ballroom Dance - Come have fun and learn classic dances such as rumba, cha-cha, salsa, and the tango -- partners required.
Chair Yoga - Yoga made fun and easier, designed to help people enjoy the benefits of yoga without getting on the floor.
Healthy & Active - A fun, total-body workout to improve balance, strength, flexibility, and heart health.
Line Dancing - End the week on a fun calorie-burning hour of today's fun line dancing moves, no partner required.
Moxie Mobility - A balance and fall prevention exercise class

INTERMEDIATE/ ADVANCED

Be-Barreless- barre fusion workout that incorporates standing and floor barre exercises, pilates, core, balance, and upbeat fun music.
Boot Camp - Strength training and cardio using dumbbells, body bars, bands, plyo-metrics, and bodyweight exercises.
Cycle Blast - 45 minutes of high-intensity cycle class finishing with 15 minutes of glutes or core
Cycle Butts/Guts - Ride and get that bottom and tummy tight -- a great workout to hit those problem areas.
Cycle Muscle Fusion - Invigorating workout combining cycling with barbell strength training to improve overall strength and endurance
Cycle 45 - A high intensity cycle combining climbs, sprints, standing, sitting, and jumps.
Power Hour - Build strength and endurance with dumbbells, bars, and steps. Cardio finishes this challenging workout.
Strength & Conditioning -build strength by proper form, dumbbells, body bars, bands, plyo-metrics, and body weight exercises.
EXTREME CARDIO BURN-High intensity interval training, alternates between bursts of cardio, resistance, body weight, exercises. It improves cardio vascular, builds strength, and increases metabolic weight.

ALL LEVELS

AIS (Active Isolated Stretching) - This active stretching class is for everyone, from athletes to beginners. Improve your quality of life and your workouts
Body Conditioning - This energetic class is choreographed to music using light barbells and high reps. Burn calories while shaping and toning your body.
Cycle - Bring it on, burn calories, and sweat with no impact cycling on our Keiser bikes.
Cycle N Hustle - Cycle and strength training workout to an upbeat playlist.
Liz's Latin Dance Party - Hot Hot Hot! Learn to move and shake to the hottest sounds this side of Tijuana! This movement/cardio class will teach you how to move to different Latin beats, adding one move to another, creating a fun dance routine.
NIA - Tired of the rigidity and pounding of aerobic exercise? NIA combines carefully selected movements and concepts from Yoga, Tai Chi, Tae Kwan Do, Aikido, Jazz, Modern Dance, and other movement forms.
Pilates - A classical pilates class focused on a stronger core, better posture, and enhancing body awareness.
Stretch & Flex Yoga - A combination of stretches and yoga, body awareness, balance, flexibility, mobility, and helps reduce stress
Sun/Moon Yoga - Accessible yoga skills & techniques that help to bring peace of mind, freedom of movement, and healing.
Tai Chi - This is a healing martial art class that combines many movements with breathing and stretching techniques
X-Press - Short on time! Then come try our half-hour X-press workout. This class focuses on strength training and cardio using dumbbells, body bars, bands, plyo-metrics, and body weight exercises
Yoga - This class is designed to develop a working body vocabulary, stressing proper body placement, joint capabilities, and flexibility. Learn relaxation skills for your body, mind and spirit.
Yoga 90 - A 90-minute yoga class, participants are welcome to leave after 60 minutes.
Zumba - This movement/cardio class will teach you how to move to different Latin beats, adding one move to another, creating a fun dance routine.