

AGES 12+

WELLNESS

# GROUP EXERCISE SCHEDULE

STUDIO 2

UPDATED 2/11/2026

MON

TUES

WED

THURS

FRI

SAT

SUN

CYCLE 45

Kim  
5:15am

BOOT CAMP

Liz P.  
5:30am

CYCLE BLAST

Liz P.  
5:45am

CYCLE/HUSTLE

Liz P.  
6:00am

BODY PUMP

Gail  
8:15am

CYCLE MUSCLE

Lena  
8:15am

CORE & MORE

Lena  
8:15am

POWER HOUR

Lena  
8:15am

CYCLE SCULPT

Lena  
8:30am

CYCLE

Rebecca  
8:00am

BODY PUMP

Suzanne  
8:15am

STRENGTH  
CONDITIONING

Lena  
9:30am

TAI CHI

David  
11:15am

PARKINSON'S

Pam  
12:00pm

CYCLE/WEIGHT

Deb  
12:00pm

PARKINSON'S

Pam  
12:00pm

CYCLE/WEIGHT

Deb  
12:00pm

PARKINSON'S

Pam  
12:00pm

PILATES

Genia  
4:30pm

TAI CHI

David  
5:00pm

CYCLE BUTTS/GUTS

Kim  
5:30pm

TABATTA HITT

Kim  
5:30pm

CYCLE

Marise  
6:00pm

PILATES

Genia  
6:05pm



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

# 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, core, 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

BARRE Flow – Mix of small controlled movements which challenge muscles differently, strength, balance & core.  
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  
Tabata Hitt-intense full body workout, combining short bursts of cardio, strength with brief recovery, and various equipment will be used.  
Power Hour – Build strength and endurance with dumbbells, bars, bands, etc. Blast of step cardio 10-15 min to finish this workout  
Strength & Conditioning– Build strength by proper form, dumbbells, body bars, bands, plyo-metrics and body weight  
Cycle Sculpt–full body workout blending alternating high intensity indoor cycling intervals with off the bike strength training.

## 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.  
Step & Sculpt – Develop muscular strength and endurance as well as functional movements using a variety of controlled exercises and step equipment  
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.

ALL classes are for ALL fitness levels! Whether you are an avid group fitness enthusiast or here for the first time.  
The classes available are ZERO judgement zone with MANDATORY fun while busting a sweat of course!