

AGES 12+

WELLNESS

GROUP EXERCISE SCHEDULE

NEW BEDFORD
APRIL/MAY 2026

MON	TUES	WED	THURS	FRI	SAT	SUN
HIIT HAPPENS Robin 9am	SPINNERS CHOICE Deidre 6am	BARRE Julie 8am	CYCLE & ARMS Deidre 6am	POWER MIX Edyta 9am	SPIN Sue 8am	SPIN TERVALS Deidre 7:30am
ZUMBA GOLD Anne Marie 10am	SPIN & SCULPT Julie 8am	HIIT HAPPENS Julie 9am	TRIPLE A'S Julie 8am	DRUM FOR FUN Robin 10:15am	CROSSFIT FORCE (TRACK) Edyta 8am	CARDIO CIRCUIT Robin 9:30am
	DRUM FOR FUN Robin 9am	FOREVER FIT Robin 10am	STRETCH ZONE Julie 9am	FOREVER FIT Robin 11:15am	ZUMBA Jessica 9am	AWAKENING YOGA Ellen 10:30am
	ZUMBA GOLD Jacqui 10am					
	GENTLE YOGA Deb 11:15am					
STRENGTH & STAMINA Theresa 4 pm	SPIN Sue 5pm					
ZUMBA Rayana 5pm	BODY BLAST Theresa 5:30pm	CORE STRENGTH Jennie 5pm	ZUMBA Rayana 5pm			
RESTORATIVE YOGA Ellen 6pm 4/6, 4/13, 4/20	TABATA Jennie 6pm	LIFT & FLOW Jennie 6pm	YOGA Deb 6:15pm			

- 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



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ymcasc.org

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