

AGES 12+

WELLNESS

# GROUP EXERCISE SCHEDULE

STUDIO 2

UPDATED 3/16, 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** Dartmouth YMCA 508.996.3361 • Fall River YMCA 508.675.7841 • Gleason Family YMCA 508.295.9622  
**ymcasc.org** Mattapoisett YMCA 508.758.4203 • New Bedford YMCA 508.997.0734 • Stoico/FIRSTFED YMCA 508.678.9622

# GROUP EXERCISE CLASS DESCRIPTIONS



## BEGINNERS

Ageless Health - 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

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.

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.