

AGES 12+

GROUP EXERCISE SCHEDULE

FALL RIVER YMCA

EFFECTIVE 3.1.26

WELLNESS

MON	TUES	WED	THURS	FRI	SAT
SPIN Tracy 6:00am	AQUA MOVEMENT Robyn 7:45am	SPIN & SCULPT Tracy 6:00am	BARRE Deana 8:00am	SPIN Tracy 6:00am	STRENGTH TRAINING Cintia 7:30am
YOGA FLOW Mary 9:00am	ARMS & ABS Tracy 8:00am	YOGA FLOW Mary 9:00am	INSTRUCTOR'S CHOICE Deana 9:00am	TOTAL BODY CONDITIONING Lidia 9:00am	STEP Cintia 8:00am
AQUA ZUMBA Lidia 9:00am	STRENGTH & STRETCH Tracy 9:00am	AQUA ZUMBA Lidia 9:00am	AQUA S.M.I.L.E. Rita 9:15am	AQUA FIT Deana 9:30am	SPIN Kim 8:30am
MUSCLE MADNESS Sherri 4:30pm	ACTIVE AGING Lidia 10:30am	TABATA BLAST Sherri 4:30pm	ACTIVE AGING Lidia 10:30am	DEEP WATER AEROBICS Shirley 10:30am	BOOMER B.E.A.T.S. Rita 9:30am
TABATA Lidia 6:00pm	SPIN Sherri 4:30pm		CARDIO STRENGTH Lidia 4:15pm	INSTRUCTOR'S CHOICE Lidia 6:00pm	YIN YOGA Deana 9:30am
	TABATA Cintia 5:30pm		POWER CIRCUIT Lidia 6:00pm		
	AQUA FIT Kim 5:30pm				
	ZUMBA Lidia 6:00pm				



RESERVATIONS REQUIRED

