

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	NEW MOVE & STRETCH (MAT & CHAIR) Robin 11:15am	ZUMBA Jessica 9am	AWAKENING YOGA Ellen 10:30am
	ZUMBA GOLD Jacqui 10am		CARDIO GROOVE Victor 10am		NEW TEENS ONLY POWER SHRED Jonah 11am	
	GENTLE YOGA Deb 11:15am					
NEW 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	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

MAY SPECIALTY CLASSES

FRIDAY 5/1 @ 5PM
FIRST FRIDAYS WITH THERESA

WEDNESDAY 5/6 @ 7PM
SALSA DANCE WITH SUE YOUNG

FRIDAY 5/15 @ 6:15AM
FULL BODY MOBILITY WITH MATT

SUNDAY 5/10 @ 10:30AM
MOTHER & CHILD YOGA WITH ELLEN



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