

AGES 12+

WELLNESS

GROUP EXERCISE SCHEDULE

NEW BEDFORD
JUNE 2026

MON	TUES	WED	THURS	FRI	SAT	SUN
SPECIALTY PIYO Jennie 6am 6/15, 6/22, 6/29	SPINNERS CHOICE Deidre 6am	BARRE Julie 8am	CYCLE & ARMS Deidre 6am	POWER MIX Edyta 9am	SPIN Sue 8am	SPIN TERVALS Deidre 7:30am
POP UP YOGA-LATES Ellen 8am	SPIN & SCULPT Julie 8am	AQUATICS SHALLOW WATER WATER AEROBICS Donna 8:30 am	TRIPLE A'S Julie 8am	DRUM FOR FUN Robin 10:15am	CROSSFIT FORCE (TRACK) Edyta 8am	CARDIO CIRCUIT Robin 9:30am Cancelled 6/21
AQUATICS SHALLOW WATER WATER AEROBICS Donna 8:30 am	NEW DRUM FUSION Robin 9am	HIIT HAPPENS Julie 9am	STRETCH ZONE Julie 9am	MOVE & STRETCH (MAT & CHAIR) Robin 11:15am	ZUMBA Jessica 9am	SPECIALTY FATHER'S DAY BOOTCAMP CIRCUIT Robin 9:30am 6/21
HIIT HAPPENS Robin 9am	AQUATICS DEEP WATER WATER AEROBICS Patti 9am	FOREVER FIT Robin 10am	AQUATICS DEEP WATER WATER AEROBICS Patti 9am	SPECIALTY STRENGTH & SPEED Theresa & Jonah 5 pm 6/3	SPECIALTY HIIT HAPPENS Robin 10am 6/6	AWAKENING YOGA Ellen 10:30am
ZUMBA GOLD Anne Marie 10am	ZUMBA GOLD Jacqui 10am		CARDIO GROOVE Victor 10am	SPECIALTY CHILDREN'S YOGA Ellen 5pm 6/26	NEW TEENS ONLY POWER SHRED Jonah 11am	
	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	TABATA Jennie 6pm	LIFT & FLOW Jennie 6pm	YOGA Deb 6:15pm			

SCAN TO LEARN MORE



- 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

JUNE SPECIALTY CLASSES

- EVERY MONDAY POP UP CLASS 8AM YOGA-LATES WITH ELLEN
- FRIDAY 6/3 @ 5PM STRENGTH & SPEED WITH THERESA & JONAH
- SATURDAY 6/6 10AM HIIT HAPPENS WITH ROBIN
- MONDAY 6/15, 6/22, 6/29 @ 6AM PIYO WITH JENNIE
- SUNDAY 6/21 @ 9:30AM FATHER'S DAY OUTDOOR BOOTCAMP
- FRIDAY 6/26 CHILDRENS YOGA @ 5PM WITH ELLEN



YMCA SOUTHCOAST
ymcasc.org

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Mattapoisett YMCA 508.758.4203 • New Bedford YMCA 508.997.0734 • Stoico/FIRSTFED YMCA 508.678.9622