

AGES 12+ GROUP EXERCISE SCHEDULE

WELLNESS

NEW BEDFORD JULY 2026

MON	TUES	WED	THURS	FRI	SAT	SUN
YOGA-LATES Ellen 8am <i>POP UP</i>	SPINNERS CHOICE Deidre 6am	BARRE Julie B. 8am	CYCLE & ARMS Deidre 6am	POWER MIX Edyta 9am	YOGA RJD Off-Site 8am Starting 7/18 <i>SPECIALTY</i>	SPIN TERVERALS Deidre 7:30am
SHALLOW WATER WATER AEROBICS Donna 8:30 am <i>AQUATICS</i>	SPIN & SCULPT Julie B. 8am	SHALLOW WATER WATER AEROBICS Donna 8:30 am <i>AQUATICS</i>	TRIPLE A'S Julie B. 8am	DRUM FOR FUN Robin 10:15am	SPIN Sue 8am	CARDIO CIRCUIT Robin 9:30am
HIIT HAPPENS Robin 9am	DRUM FUSION Robin 9am 7/7, 7/21, 7/28	HIIT HAPPENS Julie B. 9am	STRETCH ZONE Julie B. 9am	MOVE & STRETCH (MAT & CHAIR) Robin 11:15am	CROSSFIT FORCE (TRACK) Edyta 8am	
ZUMBA GOLD Anne Marie 10am <i>SPECIALTY</i>	DEEP WATER WATER AEROBICS Patti 9am <i>AQUATICS</i>	FOREVER FIT Robin 10am	DEEP WATER WATER AEROBICS Patti 9am <i>AQUATICS</i>	FIRST FRIDAY SPIN & BURN Theresa & Sue 5 pm 7/3 <i>SPECIALTY</i>	ZUMBA Jessica 9am	
BOOMERS YOGA Mark 11am 7/27 <i>SPECIALTY</i>	ZUMBA MASTER CLASS Jacqu & Anne Marie 9:30am 7/14 <i>SPECIALTY</i>	CHAIR YOGA Mark 11am 7/22 & 7/29 <i>SPECIALTY</i>	CARDIO GROOVE Victor 10am		TEENS ONLY POWER SHRED Jonah 11am	
	ZUMBA GOLD Jacqui 10am 7/7, 7/21, 7/28		BOOMERS YOGA Mark 11am 7/23 & 7/30 <i>SPECIALTY</i>			
STRENGTH & STAMINA Theresa 4 pm	GENTLE YOGA Deb 11:15am					
ZUMBA Rayana 5pm	SPIN Jeannette 5pm	CORE STRENGTH Jennie 5pm	ZUMBA Rayana 5pm			
RESTORATIVE YOGA Ellen 6pm	BODY BLAST Theresa 5:30pm	LIFT & FLOW Jennie 6pm	YOGA Deb 6:15pm			
	TABATA Jennie 6pm					

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

JULY SPECIALTY CLASSES

FRIDAY 7/3 @ 5PM
FIRST FRIDAYS - SPIN & BURN WITH THERESA & SUE

TUESDAY 7/14 @ 9:30AM
ZUMBA MASTER CLASS WITH JACQUI & ANN-MARIE

MONDAY 7/27 @ 11AM
THURSDAY 7/23 & 7/30 @ 11AM
BOOMERS YOGA WITH MARK

WEDNESDAY 7/22 & 7/29 @ 11AM
CHAIR YOGA WITH MARK

EVERY SATURDAY (Starting 7/18) @8AM
YOGA AT ROCHE JONES-DUFF HOUSE



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