

AGES 12+

WELLNESS

# JUNE GROUP EXERCISE SCHEDULE

FALL RIVER YMCA

MON	TUES	WED	THURS	FRI	SAT
<b>SPIN</b> Tracy 6:00am	<b>AQUA MOVEMENT</b> Robyn 7:45am	<b>SPIN &amp; SCULPT</b> Tracy 6:00am	<b>BARRE</b> Deana 8:00am	<b>SPIN</b> Tracy 6:00am	<b>STRENGTH TRAINING</b> Cintia 7:15am
<b>YOGA FLOW</b> Mary 9:00am	<b>ARMS &amp; ABS</b> Tracy 8:00am	<b>YOGA FLOW</b> Mary 9:00am	<b>TOTAL BODY STRENGTH</b> Deana 9:00am	<b>TOTAL BODY CONDITIONING</b> Lidia 9:00am	<b>STEP &amp; DANCE</b> Cintia 8:00am
<b>AQUA ZUMBA</b> Lidia 9:00am	<b>STRENGTH &amp; STRETCH</b> Tracy 9:00am	<b>AQUA ZUMBA</b> Lidia 9:00am	<b>ACTIVE AGING</b> Lidia 10:30am	<b>AQUA FIT</b> Deana 9:30am	<b>SPIN</b> Kim 8:30am
<b>MUSCLE MADNESS</b> Sherri 4:30pm	<b>ACTIVE AGING</b> Lidia 10:30am	<b>TOTAL BODY STRENGTH</b> Cintia 4:30pm	<b>CARDIO STRENGTH</b> Lidia 4:15pm	<b>DEEP WATER AEROBICS</b> Shirley 10:30am	<b>YIN YOGA</b> Deana 9:30am
<b>TABATA</b> Lidia 6:00pm	<b>SPIN</b> Sherri 4:30pm		<b>POWER CIRCUIT</b> Lidia 6:00pm	<b>FIT FUSION</b> Lidia 6:00pm	
	<b>TABATA</b> Cintia 5:15pm				
	<b>AQUA FIT</b> Kim 5:30pm				
	<b>ZUMBA</b> Lidia 6:00pm				



RESERVATIONS REQUIRED



YMCA SOUTHCOAST  
ymcasc.org

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