

AGES 12+ GROUP EXERCISE SCHEDULE

NEW BEDFORD AUGUST 2026

WELLNESS

MON	TUES	WED	THURS	FRI	SAT	SUN
YOGA-LATES Ellen 8am	SPINNERS CHOICE Deidre 6am	BARRE Julie B. 8am	CYCLE & ARMS Deidre 6am	POWER MIX Edyta 9am	SPECIALTY YOGA RJD Off-Site 8am	SPIN TERVERALS Deidre 7:30am
SHALLOW WATER WATER AEROBICS Donna 8:30 am	SPIN & SCULPT Julie B. 8am	SHALLOW WATER WATER AEROBICS Donna 8:30 am	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	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	DEEP WATER WATER AEROBICS Patti 9am	FOREVER FIT Robin 10am	DEEP WATER WATER AEROBICS Patti 9am	SPECIALTY FIRST FRIDAY Theresa 5 pm 8/7	ZUMBA Jessica 9am	
SPECIALTY BOOMERS YOGA Mark 11am 8/3 & 8/10	ZUMBA GOLD Jacqui 10am	SPECIALTY CHAIR YOGA Mark 11am 8/5 & 8/12	CARDIO GROOVE Victor 10am	SPECIALTY YOGA FOR KIDS Ellen 5pm 8/21	TEENS ONLY POWER SHRED Jonah 11am	
	GENTLE YOGA Deb 11:15am		SPECIALTY BOOMERS YOGA Mark 11:15am 8/6 & 8/13			
STRENGTH & STAMINA Theresa 4 pm		SPECIALTY LABLAST Sue Y 4pm 8/5, 8/12, 8/26				
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	SPECIALTY SALSA SHINES Sue Y 7pm 8/5, 8/12, 8/26				

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.

AUGUST SPECIALTY CLASSES

MONDAY 8/3 & 8/10 @ 11AM
THURSDAY 8/6 & 8/13 @ 11:15 AM
BOOMERS YOGA WITH MARK

WEDNESDAY 8/5, 8/12, 8/26 @ 4PM
LABLAST WITH SUE Y

WEDNESDAY 8/5, 8/12, 8/26 @ 7PM
SALSA SHINES WITH SUE Y

WEDNESDAY 8/5 & 8/12 @ 11AM
CHAIR YOGA WITH MARK

FRIDAY 8/7 @ 5PM
FIRST FRIDAYS WITH THERESA

FRIDAY 8/21 @ 5PM
YOGA FOR KIDS 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