

AGES 12+ GROUP EXERCISE SCHEDULE

NEW BEDFORD SEPTEMBER 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	POPUP 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	NEW CARDIO STRENGTH 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 9/4	ZUMBA Jessica 9am	
POP UP BOOMERS YOGA Mark 11am	ZUMBA GOLD Jacqui 10am	POP UP CHAIR YOGA Mark 11am	CARDIO GROOVE Victor 10am	SPECIALTY YOGA FOR KIDS Ellen 5pm 9/25	TEENS ONLY POWER SHRED Jonah 11am	
	GENTLE YOGA Deb 11:15am		POP UP BOOMERS YOGA Mark 11:15am		SPECIALTY STRETCH & STRENGTHEN FOR MEN Mark 12pm 9/19	
STRENGTH & STAMINA Theresa 4 pm		POP UP LABLAST Sue Y 4pm		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		
ZUMBA Rayana 5pm	SPIN Sue 5pm	CORE STRENGTH Jennie 5pm				
RESTORATIVE YOGA Ellen 6pm	BODY BLAST Theresa 5:30pm	LIFT & FLOW Jennie 6pm	ZUMBA Rayana 5pm			
	TABATA Jennie 6pm	POP UP SALSA SHINES Sue Y 7pm	YOGA Deb 6:15pm			



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