

AGES 12+

GROUP EXERCISE SCHEDULE

STUDIO 1

UPDATED 9/9 2026

WELLNESS

MON

TUES

WED

THURS

FRI

SAT

SUN

YOGA

Pam
7:15am

AIS

Deb
8:30am

Dance Blast Fitness
starts 9/14

Debbie
9:45am

AGELESS HEALTH

Lu
11:00am

X-PRESS

Lu
12:00pm

LATIN DANCE

Karen N.
4:55pm

BODYPUMP

Suzanne C.
6:05p.m.

YOGA

Jo
7:15am

TAI CHI

Mary Beth
9:00am

SILVER CORE
AND STRENGTH

Lena
11:00am

CHAIR YOGA

Pam
1:15pm

BARRE FUSION

Suzanne G
5:00pm

SUN/MOON YOGA

Diandra
6:00pm

YOGA

Sue
7:15am

ZUMBA GOLD

Jackie
8:30am

AGELESS HEALTH

Lu
11:00am

X-PRESS

Lu
12:00pm

Pilates

Genia
4:30pm

YOGA

Pam
7:15am

HEALTHY & ACTIVE

Lena
11:00am

MOXI MOBILITY

Kathy
12:00pm

MOXI MOBILITY

Kathy
1:00pm

BOOT CAMP

Liz
5:30am

YOGA

Jo
7:15am

LINE DANCE

Debby I.
9:45am

AGELESS
HEALTH

Lu
11:00am

X-PRESS

Lu
12:00pm

Chi Wellness

Domenic
12:00pm

STRETCH &
FLEX YOGA

Jo
7:15 am

ROCKET YOGA

Diandra
8:30am

Nia

karen
11:00



SCAN TO
LEARN MORE



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

GROUP EXERCISE CLASS DESCRIPTIONS



BEGINNERS

Ageless Heath – A fun total body workout designed to improve balance, muscle stretch, flexibility, and cardiovascular fitness.

Parkinson's – A specially designed class to support and help improve the overall health of participants with Parkinson's and MS.

BEGINNER/INTERMEDIATE

Dance Blast fitness– Come have fun and learn classic dances such as ballroom, rumba cha-cha, salsa, tango partners not required

Chair Yoga – Yoga made fun and easier, designed to help people enjoy the benefits of yoga without getting on the floor.

Healthy & Active – A fun, total-body workout to improve balance, strength, flexibility, and heart health.

Silver core stability and strength– First 30 on mat floor core stability and last 30 min hips, glutes, upper and lower body workout.

Line Dancing – End the week on a fun calorie-burning hour of today's fun line dancing moves, no partner required.

Moxie Mobility– class focus is balance and fall prevention exercise class

INTERMEDIATE/ ADVANCED

Barre Fusion – low impact workout that blends pilates, core, balance, increase flexibility, improve posture and tones your body

Boot Camp – Strength training and cardio using dumbbells, body bars, bands, plyo-metrics, and bodyweight exercises.

slow flow yoga cycle – 30 minutes of cycle with gentle mindful practice that helps you build strength, stretch, find balance and relax.

Cycle Butts/Guts – Ride and get that bottom and tummy tight -- a great workout to hit those problem areas.

Cycle Muscle Fusion – Invigorating workout combining cycling with barbell strength training to improve overall strength and endurance

Turbo Tabata Cycle–High intensity interval training with cycle and light dumbbells using maximum effort followed by periods of rest

Power Hour– Build strength and endurance with using various equipment. Rounds of intense cardio, upper/lower body and core.

Strength & Conditioning –cardio, build strength by proper form, dumbbells, body bars, bands, body weight exercises and core

Rocket yoga– practice ashtanga vinyasa is dynamic and fast-paced flow of yoga. Incorporate dynamics of yoga that will challenge you.

Tabata HIIT– total body intense work out with cardio/strength followed with brief recovery using variety of equipment

ALL LEVELS

AIS (Active Isolated Stretching) – This active stretching class is for everyone, from athletes to beginners. Improve your quality of life and your workouts

Cycle – Bring it on, burn calories, and sweat with no impact cycling on our Keiser bikes.

Cycle N Hustle – Cycle and strength training workout to an upbeat playlist.

Liz's Latin Dance Party – Hot Hot Hot! Learn to move and shake to the hottest sounds this side of Tijuana! This movement/cardio class will teach you how to move to different Latin beats, adding one move to another, creating a fun dance routine.

NIA – Tired of the rigidity and pounding of aerobic exercise? NIA combines carefully selected movements and concepts from Yoga, Tai Chi, Tae Kwan Do, Aikido, Jazz, Modern Dance, and other movement forms.

Pilates – A classical pilates class focused on a stronger core, better posture, and enhancing body awareness.

Stretch & Flex Yoga – A combination of stretches and yoga, body awareness, balance, flexibility, mobility, and helps reduce stress

Sun/Moon Yoga – Accessible yoga skills & techniques that help to bring peace of mind, freedom of movement, and healing.

Tai Chi – This is a healing martial art class that combines many movements with breathing and stretching techniques

Chi Wellness– learn E.Techniques for health&longevity. Benefits include deep breathing, 8 brocades Qigong stretches, tai chi 8 form exercises guided group meditation tea ceremony.

X-Press – Short on time! Then come try our half-hour X-press workout. This class focuses on strength training and cardio using dumbbells, body bars, bands, plyo-metrics, and body weight exercises

Yoga – This class is designed to develop a working body vocabulary, stressing proper body placement, joint capabilities, and flexibility. Learn relaxation skills for your body, mind and spirit.

Yoga 90 – A 90-minute yoga class, participants are welcome to leave after 60 minutes.

Zumba – This movement/cardio class will teach you how to move to different Latin beats, adding one move to another, creating a fun dance routine.

Zumba Gold–modified low impact zumba designed for active older adults and beginners. Easy to follow class focuses on balance, range of motion and coordination. Get ready to sweat and have fun.

ALL classes are for ALL fitness levels! Whether you are an avid group fitness enthusiast or here for the first time.
The classes available are ZERO judgement zone with MANDATORY fun while busting a sweat of course!