

AGES 12+ GROUP EXERCISE SCHEDULE

NEW BEDFORD OCTOBER 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

SPIN

Sue
8am

SPIN
TERVALS

Deidre
7:30am

HIIT
HAPPENS

Robin
9am

SPIN &
SCULPT

Julie B.
8am

HIIT
HAPPENS

Julie B.
9am

TRIPLE A'S

Julie B.
8am

DRUM FOR
FUN

Robin
10:15am

CROSSFIT FORCE
(TRACK)

Edyta
8am

CARDIO
CIRCUIT

Robin
9:30am

ZUMBA
GOLD

Anne Marie
10am

DRUM
FUSION

Robin 9am

FOREVER
FIT

Robin
10am

STRETCH
ZONE

Julie B.
9am

MOVE & STRETCH
(MAT & CHAIR)

Robin
11:15am

ZUMBA

Jessica
9am

AWAKENING
YOGA

Ellen
10:30am

BOOMERS
YOGA

Mark 11am
10/5 & 10/12

ZUMBA
GOLD

Jacqui 10am

CHAIR
YOGA

Mark 11am
10/7 & 10/14

CARDIO
GROOVE

Victor
10am

FIRST
FRIDAY

Theresa
5 pm 10/2/26

GENTLE
YOGA

Marie
3pm

GENTLE
YOGA

Deb
11:15am

DANCE ME IN
BALLROOM

ALL ABILITIES CLASS
Sue 1:30pm

BOOMERS
YOGA

Mark 11:15am
10/1, 10/8, 10/15

YOGA FOR
KIDS

Ellen 5pm
10/23

TEENS ONLY
POWER SHRED

Jonah
4pm

LABLAST

Sue Y
4pm

STRENGTH
& STAMINA

Theresa
4 pm

BODY
BLAST

Theresa
5:30pm

CORE
STRENGTH

Jennie
5pm

ZUMBA

Rayana
5pm

TABATA

Jennie
6pm

LIFT & FLOW

Jennie
6pm

ZUMBA

Rayana
5pm

RESTORATIVE
YOGA

Ellen
6pm

LATIN
DANCE PARTY

Rayana & Jeanette
7pm 10/6

SALSA
SHINES

Sue Y
7pm

SOMATIC
YOGA

Deb
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



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