

AGES 12+ GROUP EXERCISE SCHEDULE

WELLNESS

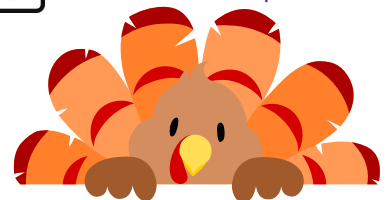
NEW BEDFORD NOVEMBER 2026

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 TERVERALS 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 STRENGTH 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
SPECIALTY STRETCH & STRENGTHEN Julie F. 11am 11/9/26	ZUMBA GOLD Jacqui 10am	NEW DANCE ME IN BALLROOM ALL ABILITIES CLASS Sue 1:30pm	CARDIO GROOVE Victor 10am	SPECIALTY FIRST FRIDAY Theresa 5 pm 11/6/26	SPECIALTY DRUMMMING FOR ALL AGES Robin 10am 11/14	SPECIALTY GENTLE YOGA Marie 3pm 11/22/26
	GENTLE YOGA Julie F. 11:15am			SPECIALTY YOGA FOR KIDS Ellen 5pm 11/20/26		
	SPIN Sue 5pm	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	SPECIALTY AFRO-SOCA DANCE PARTY Rayana 7pm 11/10	SALSA SHINES Sue Y 7pm	YOGA FLOW Cheryl 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



THANKSGIVING DAY SPECIALTY CLASSES

7:30am Spin with Diedre
8:30am Zumba with Rayana
9:30am Turkey Tabata with Robin



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