

AGES 12+

WELLNESS

# OCTOBER GROUP EXERCISE SCHEDULE

FALL RIVER YMCA

| MON                                          | TUES                                     | WED                                         | THURS                                            | FRI                                               | SAT                                       |
|----------------------------------------------|------------------------------------------|---------------------------------------------|--------------------------------------------------|---------------------------------------------------|-------------------------------------------|
| <b>SPIN</b><br>Tracy<br>6:00am               | <b>AQUA MOVEMENT</b><br>Robyn<br>7:45am  | <b>SPIN &amp; SCULPT</b><br>Tracy<br>6:00am | <b>AQUA GROOVE &amp; TONE</b><br>Robyn<br>8:00am | <b>SPIN</b><br>Tracy<br>6:00am                    | <b>BARRE BURN</b><br>Cintia<br>7:10am     |
| <b>YOGA FLOW</b><br>Mary<br>9:00am           | <b>CARDIO STRENGTH</b><br>Tracy<br>8:0am | <b>YOGA FLOW</b><br>Caitlin<br>9:00am       | <b>YOGALATES</b><br>Ellen<br>8:00am              | <b>TOTAL BODY CONDITIONING</b><br>Lidia<br>8:00am | <b>ARMS &amp; ABS</b><br>Cintia<br>8:00am |
| <b>AQUA ZUMBA</b><br>Lidia<br>9:00am         | <b>ON THE BALL</b><br>Tracy<br>9:00am    | <b>AQUA ZUMBA</b><br>Lidia<br>9:00am        | <b>YOGA SCULPT</b><br>Ellen<br>9:00am            | <b>ABS, ARMS &amp; ASSETS</b><br>Lidia<br>9:00am  | <b>SPIN</b><br>Kim<br>8:30am              |
| <b>TOTAL BODY SCULPT</b><br>Cintia<br>4:30pm | <b>ACTIVE AGING</b><br>Lidia<br>10:30am  | <b>NEW DRUM FITNESS</b><br>Kim<br>4:45pm    | <b>ACTIVE AGING</b><br>Lidia<br>10:30am          | <b>AQUA FIT</b><br>Shirley<br>9:00am              |                                           |
| <b>TABATA</b><br>Lidia<br>6:00pm             | <b>SPIN</b><br>Sherri<br>4:30pm          | <b>KICK &amp; TONE</b><br>Cintia<br>5:45pm  | <b>2 X 2 CIRCUIT</b><br>Lidia<br>5:00pm          | <b>DEEP WATER AEROBICS</b><br>Shirley<br>10:00am  |                                           |
|                                              | <b>TABATA</b><br>Sherri<br>5:30pm        |                                             | <b>ZUMBA</b><br>Lidia<br>6:00pm                  | <b>NEW PILATES</b><br>Jess<br>4:30pm              | <b>RESERVATIONS REQUIRED</b>              |
|                                              | <b>AQUA FIT</b><br>Kim<br>5:30pm         |                                             |                                                  |                                                   |                                           |
|                                              | <b>ZUMBA</b><br>Lidia<br>6:00pm          |                                             |                                                  |                                                   |                                           |



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AGES 12+

WELLNESS

# SEPTEMBER GROUP EXERCISE SCHEDULE

FALL RIVER YMCA

| MON                                          | TUES                                     | WED                                         | THURS                                            | FRI                                               | SAT                                         |
|----------------------------------------------|------------------------------------------|---------------------------------------------|--------------------------------------------------|---------------------------------------------------|---------------------------------------------|
| <b>SPIN</b><br>Tracy<br>6:00am               | <b>AQUA MOVEMENT</b><br>Robyn<br>7:45am  | <b>SPIN &amp; SCULPT</b><br>Tracy<br>6:00am | <b>AQUA GROOVE &amp; TONE</b><br>Robyn<br>8:00am | <b>SPIN</b><br>Tracy<br>6:00am                    | <b>BARRE BURN</b><br>Cintia<br>7:10am       |
| <b>YOGA FLOW</b><br>Mary<br>9:00am           | <b>CARDIO STRENGTH</b><br>Tracy<br>8:0am | <b>YOGA FLOW</b><br>Caitlin<br>9:00am       | <b>YOGALATES</b><br>Ellen<br>8:00am              | <b>TOTAL BODY CONDITIONING</b><br>Lidia<br>8:00am | <b>STEP &amp; DANCE</b><br>Cintia<br>8:00am |
| <b>AQUA ZUMBA</b><br>Lidia<br>9:00am         | <b>ON THE BALL</b><br>Tracy<br>9:00am    | <b>AQUA ZUMBA</b><br>Lidia<br>9:00am        | <b>YOGA SCULPT</b><br>Ellen<br>9:00am            | <b>ABS, ARMS &amp; ASSETS</b><br>Lidia<br>9:00am  | <b>SPIN</b><br>Kim<br>8:30am                |
| <b>TOTAL BODY SCULPT</b><br>Cintia<br>4:30pm | <b>ACTIVE AGING</b><br>Lidia<br>10:30am  | <b>DRUM FITNESS</b><br>Kim<br>4:45pm        | <b>ACTIVE AGING</b><br>Lidia<br>10:30am          | <b>AQUA FIT</b><br>Shirley<br>9:00am              | <b>YOGA</b><br>Ellen/Jess<br>9:30am         |
| <b>TABATA</b><br>Lidia<br>6:00pm             | <b>SPIN</b><br>Sherri<br>4:30pm          | <b>KICK &amp; TONE</b><br>Cintia<br>5:45pm  | <b>2 X 2 CIRCUIT</b><br>Lidia<br>5:00pm          | <b>DEEP WATER AEROBICS</b><br>Shirley<br>10:00am  |                                             |
|                                              | <b>TABATA</b><br>Sherri<br>5:30pm        |                                             | <b>ZUMBA</b><br>Lidia<br>6:00pm                  |                                                   |                                             |
|                                              | <b>AQUA FIT</b><br>Kim<br>5:30pm         |                                             |                                                  |                                                   |                                             |
|                                              | <b>ZUMBA</b><br>Lidia<br>6:00pm          |                                             |                                                  |                                                   |                                             |



RESERVATIONS  
REQUIRED



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# AUGUST GROUP EXERCISE SCHEDULE

FALL RIVER YMCA

WELLNESS

| MON                                       | TUES                                          | WED                                             | THURS                                            | FRI                                               | SAT                                          |
|-------------------------------------------|-----------------------------------------------|-------------------------------------------------|--------------------------------------------------|---------------------------------------------------|----------------------------------------------|
| <b>SPIN</b><br>Tracy<br>6:00am            | <b>AQUA MOVEMENT</b><br>Robyn<br>7:45am       | <b>SPIN &amp; SCULPT</b><br>Tracy<br>6:00am     | <b>AQUA GROOVE &amp; TONE</b><br>Robyn<br>8:00am | <b>SPIN</b><br>Tracy<br>6:00am                    | <b>STRENGTH TRAINING</b><br>Cintia<br>7:15am |
| <b>YOGA FLOW</b><br>Mary<br>9:00am        | <b>CARDIO BLAST</b><br>Tracy<br>7:30am        | <b>YOGA FLOW</b><br>Mary/Jen<br>9:00am          | <b>BARRE BURN</b><br>Cintia<br>8:00am            | <b>ABS, ARMS &amp; ASSETS</b><br>Lidia<br>8:00am  | <b>STEP &amp; DANCE</b><br>Cintia<br>8:00am  |
| <b>AQUA ZUMBA</b><br>Lidia<br>9:00am      | <b>STRENGTH &amp; MORE</b><br>Tracy<br>8:00am | <b>AQUA ZUMBA</b><br>Lidia<br>9:00am            | <b>TOTAL BODY STRENGTH</b><br>Sherri<br>9:00am   | <b>TOTAL BODY CONDITIONING</b><br>Lidia<br>9:00am | <b>SPIN</b><br>Kim<br>8:30am                 |
| <b>ACTIVE AGING</b><br>Lidia<br>10:30am   | <b>CORE PILATES</b><br>Tracy<br>8:30am        | <b>ACTIVE AGING</b><br>Lidia<br>10:30am         | <b>STRENGTH &amp; SCULPT</b><br>Lidia<br>4:30pm  | <b>AQUA FIT</b><br>Shirley<br>9:30am              |                                              |
| <b>MUSCLE MADNESS</b><br>Cintia<br>4:30pm | <b>SPIN</b><br>Cintia<br>4:30pm               | <b>DRUM FITNESS</b><br>Kim<br>4:45pm            | <b>KICK &amp; TONE</b><br>Cintia<br>6:15pm       | <b>DEEP WATER AEROBICS</b><br>Shirley<br>10:30am  |                                              |
| <b>TABATA</b><br>Lidia<br>6:00pm          | <b>TABATA</b><br>Cintia<br>5:15pm             | <b>STRONG &amp; BALANCED</b><br>Lidia<br>6:00pm |                                                  |                                                   |                                              |
|                                           | <b>AQUA FIT</b><br>Kim<br>5:30pm              |                                                 |                                                  |                                                   |                                              |
|                                           | <b>ZUMBA</b><br>Lidia<br>6:00pm               |                                                 |                                                  |                                                   |                                              |



RESERVATIONS  
REQUIRED



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# JULY GROUP EXERCISE SCHEDULE

FALL RIVER YMCA

WELLNESS

| MON                                       | TUES                                          | WED                                             | THURS                                            | FRI                                               | SAT                                          |
|-------------------------------------------|-----------------------------------------------|-------------------------------------------------|--------------------------------------------------|---------------------------------------------------|----------------------------------------------|
| <b>SPIN</b><br>Tracy<br>6:00am            | <b>AQUA MOVEMENT</b><br>Robyn<br>7:45am       | <b>SPIN &amp; SCULPT</b><br>Tracy<br>6:00am     | <b>AQUA GROOVE &amp; TONE</b><br>Robyn<br>8:00am | <b>SPIN</b><br>Tracy<br>6:00am                    | <b>STRENGTH TRAINING</b><br>Cintia<br>7:15am |
| <b>YOGA FLOW</b><br>Mary<br>9:00am        | <b>CARDIO BLAST</b><br>Tracy<br>7:30am        | <b>YOGA FLOW</b><br>Caitlin<br>9:00am           | <b>BARRE BURN</b><br>Cintia<br>8:00am            | <b>ARMS, ABS &amp; ASSETS</b><br>Lidia<br>8:00am  | <b>STEP &amp; DANCE</b><br>Cintia<br>8:00am  |
| <b>AQUA ZUMBA</b><br>Lidia<br>9:00am      | <b>STRENGTH &amp; MORE</b><br>Tracy<br>8:00am | <b>AQUA ZUMBA</b><br>Lidia<br>9:00am            | <b>TOTAL BODY STRENGTH</b><br>Sherri<br>9:00am   | <b>TOTAL BODY CONDITIONING</b><br>Lidia<br>9:00am | <b>SPIN</b><br>Kim<br>8:30am                 |
| <b>ACTIVE AGING</b><br>Lidia<br>10:30am   | <b>CORE PILATES</b><br>Tracy<br>8:30am        | <b>ACTIVE AGING</b><br>Lidia<br>10:30am         | <b>STRENGTH &amp; SCULPT</b><br>Lidia<br>4:30pm  | <b>AQUA FIT</b><br>Deana<br>9:30am                | <b>YIN YOGA</b><br>Deana<br>9:30am           |
| <b>MUSCLE MADNESS</b><br>Cintia<br>4:30pm | <b>SPIN</b><br>Cintia<br>4:30pm               | <b>STRONG &amp; BALANCED</b><br>Lidia<br>4:30pm | <b>KICK &amp; TONE</b><br>Cintia<br>6:15pm       | <b>DEEP WATER AEROBICS</b><br>Shirley<br>10:30am  |                                              |
| <b>TABATA</b><br>Lidia<br>6:00pm          | <b>TABATA</b><br>Cintia<br>5:15pm             |                                                 |                                                  |                                                   |                                              |
|                                           | <b>AQUA FIT</b><br>Kim<br>5:30pm              |                                                 |                                                  |                                                   |                                              |
|                                           | <b>ZUMBA</b><br>Lidia<br>6:00pm               |                                                 |                                                  |                                                   |                                              |



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# JUNE GROUP EXERCISE SCHEDULE

FALL RIVER YMCA

WELLNESS

| MON                                       | TUES                                             | WED                                            | THURS                                         | FRI                                               | SAT                                          |
|-------------------------------------------|--------------------------------------------------|------------------------------------------------|-----------------------------------------------|---------------------------------------------------|----------------------------------------------|
| <b>SPIN</b><br>Tracy<br>6:00am            | <b>AQUA MOVEMENT</b><br>Robyn<br>7:45am          | <b>SPIN &amp; SCULPT</b><br>Tracy<br>6:00am    |                                               | <b>SPIN</b><br>Tracy<br>6:00am                    | <b>STRENGTH TRAINING</b><br>Cintia<br>7:15am |
| <b>YOGA FLOW</b><br>Mary<br>9:00am        | <b>ARMS &amp; ABS</b><br>Tracy<br>8:00am         | <b>YOGA FLOW</b><br>Mary<br>9:00am             | <b>BARRE</b><br>Deana<br>8:00am               | <b>TOTAL BODY CONDITIONING</b><br>Lidia<br>9:00am | <b>STEP &amp; DANCE</b><br>Cintia<br>8:00am  |
| <b>AQUA ZUMBA</b><br>Lidia<br>9:00am      | <b>STRENGTH &amp; STRETCH</b><br>Tracy<br>9:00am | <b>AQUA ZUMBA</b><br>Lidia<br>9:00am           | <b>TOTAL BODY STRENGTH</b><br>Deana<br>9:00am | <b>AQUA FIT</b><br>Deana<br>9:30am                | <b>SPIN</b><br>Kim<br>8:30am                 |
| <b>MUSCLE MADNESS</b><br>Sherri<br>4:30pm | <b>ACTIVE AGING</b><br>Lidia<br>10:30am          | <b>TOTAL BODY STRENGTH</b><br>Cintia<br>4:30pm | <b>ACTIVE AGING</b><br>Lidia<br>10:30am       | <b>DEEP WATER AEROBICS</b><br>Shirley<br>10:30am  | <b>YIN YOGA</b><br>Deana<br>9:30am           |
| <b>TABATA</b><br>Lidia<br>6:00pm          | <b>SPIN</b><br>Sherri<br>4:30pm                  | <b>POWER CIRCUIT</b><br>Lidia<br>6:00pm        | <b>CARDIO STRENGTH</b><br>Lidia<br>4:15pm     | <b>FIT FUSION</b><br>Lidia<br>6:00pm              |                                              |
|                                           | <b>TABATA</b><br>Cintia<br>5:15pm                |                                                |                                               |                                                   |                                              |
|                                           | <b>AQUA FIT</b><br>Kim<br>5:30pm                 |                                                |                                               |                                                   |                                              |
|                                           | <b>ZUMBA</b><br>Lidia<br>6:00pm                  |                                                |                                               |                                                   |                                              |



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