

# MARCH/APRIL GROUP EXERCISE CLASSES



## MONDAY

6:00am  
Spin w/Tracy  
9:00am  
Yoga Flow w/Mary  
9:00am  
Aqua Zumba w/Lidia  
4:30pm  
20/20/20 w/Micki  
6:00pm  
Turbo Tabata w/Lidia

## TUESDAY

8:00am  
Strength & Stretch  
w/Tracy  
9:00am  
Tabata w/Tracy  
10:30am  
Active Aging w/TBD  
11:30am  
Chair Yoga w/Shirley  
4:45pm  
Spin & Sculpt  
w/Stephanie  
6:00pm  
Zumba w/Lidia  
6:00pm  
Aqua Fit w/Kim

## WEDNESDAY

6:00am  
Spin & Sculpt w/Tracy  
9:00am  
Yoga Flow w/Mary  
9:00am  
Aqua Zumba w/Lidia  
4:30pm  
Power Hour w/Micki  
6:00pm  
Yoga Flow w/Grace

## THURSDAY

8:00am  
Barre w/Micki  
9:00am  
Yogalates w/Micki  
10:30am  
Active Aging w/Christine  
11:30am  
Chair Yoga w/Christine  
4:30pm  
Body Sculpt w/Tracy  
5:45pm  
Kick & Tone w/Cintia or Lidia  
6:00pm  
Aqua S.M.I.L.E. w/Kim/Rita

## FRIDAY

6:00am  
Spin w/Tracy  
8:00am  
Zumba w/Lidia  
9:00am  
Tabata Blast w/Lidia  
9:00am  
Aqua Tone w/Shirley  
10:00am  
Deep Water Aerobics  
w/Shirley  
10:30am  
Yoga Flow w/Grace

## SATURDAY

8:00am  
Step and Dance w/Cintia  
8:30am  
Spin & Sculpt w/Kim  
9:30am  
Yoga Flow w/Grace  
9:30am  
Boomer B.E.A.T.S.  
w/Kim/Rita

**Fall River YMCA**  
ymcasc.org

**Reservations  
Required**

