

MARCH/APRIL GROUP EXERCISE CLASSES



MONDAY

8:00am
Core & More w/Robin
9:00am
Throwback Tabata w/Robin
10:00am
Zumba Gold w/ Ann Marie
4:15pm
Zumba w/Jeanette
5:30pm
Spin w/Jennie
5:30pm
Interval Training w/Lynn
(Track)
6:30pm
Power Hour w/Emily

TUESDAY

6:00am
Spinning for Legs w/Diedre
8:00am
Arms & Abs w/Julie
9:00am
Cardio Core w/Micki
10:00am
Zumba Gold w/Jacqui
4:00pm
TBD
5:15pm
Spin w/Sue B
5:30pm
Body Blast w/Theresa
(Racquet Ball Court)
6:15pm
Cardio Challenge w/Jennie

WEDNESDAY

8:00am
Barre w/Julie
9:00am
Body Shred w/Julie
10am
Active Aging w/Robin
4pm
Cardio Drums w/Robin
5:15pm
Yoga Sculpt w/Ellen
6:15pm
Lift & Power Flow w/Jennie

THURSDAY

6:00am
Cycle & w/Deidre
8:00am
Spin & Sculpt w/Julie
9:00am
Stop, Drop, & Flow w/Julie
10:00am
Low Impact w/Victor
5:00pm
Zumba w/Rayana
6:00pm
Power Hour w/Emily

FRIDAY

8:00am
Power Circuit w/Dyana
9:15am
Soul Fusion w/Mac
10:30am
Drum Fit w/Robin
11:30am
Active Aging w/Robin

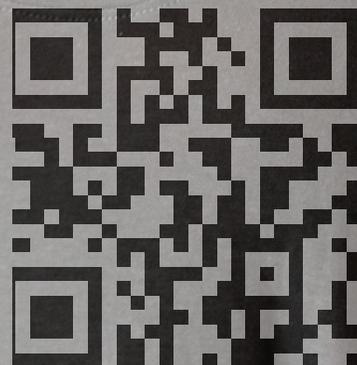
SATURDAY

8:15am
Spin w/Sue B
9:15am
HIIT Happens
w/Robin or Theresa
9:00am
Interval Training w/Edyta
(Track)
10:15am
Zumba w/Jessica

SUNDAY

7:45am
Spin-tervals w/Deidre
9:30am
Cardio Pump w/Robin
10:30am
Yoga Flow w/Ellen

Download
YMCA Universal
Reservations Required



New Bedford YMCA
Ymcasec.org