

# New Bedford YMCA ~ Aerobics Schedule

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Stretch Flex Rodney 6:00-7:00	Boot Camp Steve 6:00 – 7:00	Stretch Flex Rodney 6:00-7:00		Stretch Flex Rodney 6:00-7:00		
Boot Camp Steve 7:00-8:00		Spinning Eva 7:00-8:00		Boot Camp Steve 7:00-8:00	Body Sculpting Alicia 8:00-9:00	
	Cardio Strength Dara 9:00 - 10:00	Pilates Judy 9:00 – 10:00	Cardio Strength Steve 9:00 – 10:00	Interval Training Dara 9:00 – 10:00	Cardio Challenge Mary Beth 9:00-10:00	
Cardio Strength Steve 9:00 – 10:00		Total Body Sculpt Steve 10:00 - 11:00	Total Body Sculpt Steve 10:00 – 11:00	Kick & Sculpt Steve 10:00 – 11:00	Zumba Jeannette 10:00 – 11:00	Kickboxing Steve 10:30 – 11:30
Total Body Sculpt Steve 10:00 – 11:00	Yoga Carol Ann 12:00 – 1:00			Yoga Carol Ann 12:00 – 1:00		
						Yoga Carol Ann 2:30 – 3:30
Pilates Judy 4:00 – 5:00	Kickboxing Steve 4:00 – 5:00	Total Body Sculpt Steve 4:00 – 5:00	Kick-Abs-Buns-Thighs Steve 4:00 – 5:00			
Stretch Flex Rodney 5:00-6:00	Zumba Jeannette 5:00 – 6:00	Stretch Flex Rodney 5:00 – 6:00	Zumba Jeannette 5:00 – 6:00	Stretch Flex Rodney 5:00 – 6:00		
Rope Burn Jennie 6:00 - 7:00	Cardio Challenge Mary Beth 6:15-7:15	Boot-Camp Jennie 6:00 – 7:00	Cardio Challenge Mary Beth 6:15-7:15			
Powerfully Peaceful Yoga - Kelly 7:15 – 8:15		Powerfully Peaceful Yoga-Kelly 7:15 – 8:15				

For more information call 508-997-0734  
(view schedule on-line at [www.ymcasouthcoast.org](http://www.ymcasouthcoast.org))

