



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

New Bedford YMCA Group Exercise Schedule

Contact: Mary Beth Gamache Wellness Director
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**Classes for Active
Older Adults**

Schedule in Effect as of November 12, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Stretch Flex Rodney 6:00 - 7:00 am		Stretch Flex Rodney 6:00 - 7:00 am			Body Sculpting Alicia 8:00 - 9:00 am	PopPilates Suzanne 8:30 - 9:30 am
	Peaceful Start/ Deep Relaxation Nicole 7:00 - 8:00am			Stretch Flex Rodney 6:00 - 7:00 am	Body Challenge Tina 9:00 - 10:00 am	Fit Body Workout A Fitness w/ Friends Class Tina 10:00 - 11:00am
	BOSU, Cardio, Core & Strength Circuit Dara 9:00 - 10:00 am	Gentle Yoga Vickie Smith 9:00 - 10:00 am	20.20.20 Julie 9:00 - 10:00 am	Barre Connect Dara 9:00 - 10:00 am	Y CrossTrain Kelly 9:30 - 10:15 am	
Tabata Patricia 9:30 - 10:30 am	Zumba Gold Jacqui 10:00 - 11:00 am	20.20.20 Julie 10:00 - 11:00 am	Line Dancing Victor 10:00 - 11:00 am	Tabata Training Dara 10:00 - 11:00 am	Zumba Jessica 10:00 - 11:00 am	
	Functional Pump Wayne 12:00 - 1:00 pm	Yoga Vickie 12:00 - 1:00 pm	Functional Pump Wayne 12:00 - 1:00 pm	Functional Core Express Wayne 12:00 - 12:30 pm	<div data-bbox="1501 893 2016 1445" data-label="Complex-Block"> <p>New Bedford Y Cycle</p> <p>Monday 5:15 pm Tuesday 5:15 pm Thursday 5:15 pm Wednesday 5:15 am Friday 5:15 am Saturday 8:00 am</p> <p>Members: Free General Public: Day Pass Fee</p>  </div>	
Line Dancing Victor 4:00 - 5:00 pm	Tabata Patricia 4:00 - 5:00 pm			Yoga Vickie 12:30-1:30 pm		
Functional Pump Wayne 5:00 - 6:00 pm	Zumba Anne-Marie 5:00 - 6:00 pm	Functional Pump Wayne 5:00 - 6:00 pm	Zumba Anne-Marie 5:00 - 6:00 pm			
		Turbo Kick Live Jennie 6:00 - 7:00 pm		Yoga Mary 5:00 - 6:00 pm		
PiYo Live Jennie 6:00 - 7:00 pm	Body Challenge Theresa 6:00 - 7:00 pm	Y CrossTrain Kelly 6:00 - 7:00 pm	Insanity Jennie 6:00 - 7:00 pm			
Hatha Yoga Laurie 7:00 - 8:00 pm		Yoga Mary 7:00 - 8:00 pm	Beautiful Finish/ Deep Relaxation Nicole 7:00 - 8:00pm			

All classes held in the Group Exercise Studio unless noted: Gymnasium = # | Raquetball Court B = *