



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

FALL RIVER YMCA

Group Exercise Master Schedule

Contact: Joe Wenhold - Wellness Director
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Schedule in effect as of April 1th, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Y Cycle Tracy 6:00-6:45 am		Y Cycle Tracy 6:00-6:45 am	Tabata Tracy 6:00-6:45am	Y Cycle Tracy 6:00-6:45 am	
Forever Young Elaine 7:00-8:00 am		Forever Young Elaine 7:00-8:00am	Yoga Lauren 8:00-9:00 am	Forever Young Elaine 7:00-8:00 am	Y Cycle Kimberly 9:00-9:45 am
Water Aerobics # Justin 9:00-9:45am	Water Aerobics # Cathy 9:00-9:45 am	Water Aerobics # Cathy 9:00-9:45 am	Water Aerobics # Rita 9:00-9:45am	Water Aerobics # Chris 9:00-9:45 am	Yoga David 8:45-9:45am
Water Aerobics # Justin 10:30-11:15am	Chair Yoga Cathy 10:15- 11:00 am	Tai Chi Nik 9:00-10:00 am	Chair Yoga Cathy 10:15- 11:00 am		Zumba Joanne 10:00-11:00 am
Yoga Mary 10:00-11:00 am		Yoga Mary 10:00-11:00 am		Yoga David 10:00-11:00am	
		Water Aerobics # Cathy 10:15-11:00 am		Aqua Zumba # Maria 10:30-11:15 am	
Enhance@Fitness Joe 11:15 am-12:15 pm	Y Cycle Stephanie 5:30-6:15 pm	Enhance@Fitness Joe 11:15 am-12:15 pm	Zumba Joan 6:00-7 :00 pm	Enhance@Fitness Joe 11:15am-12:15 pm	
Active Science** EAC 4:15-5:15pm	Water Aerobics # Joan/Kim 6:00-7:00 pm		Water Aerobics # Lisa 6:00-7:00 pm		
Body Blast Renee 6:00-7:00pm	Cardio Sport Heather/Matt 6:15-7:15pm	Intro to Y Cycle Kimberly 6:00-6:30 pm	Cardio Sport Heather/Matt 6:15-7:15pm		
	Belly Dance Christine 6:30-7:30 pm				

** Registration required.

Pool Gymnasium Studio C Studio A