



# NEW BEDFORD GX



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>5:30AM - 6:20AM</b> <b>STUDIO CYCLE</b> Carrie		<b>5:30AM - 6:20AM</b> <b>YOGA</b> Carrie		<b>8:15AM - 9:20AM</b> <b>KRANK IT UP 65</b> Karen	<b>8:30-9:20am</b> <b>STUDIO CYCLE</b> Amanda
<b>9:00AM-9:50AM</b> <b>CYCLE ENDURANCE</b> Karen	<b>9:00AM-9:50AM</b> <b>BRAZILIAN BOOTY and AB RIPPER</b> Karen	<b>9:00AM-9:50AM</b> <b>ZUMBA</b> Linda	<b>9:00AM-9:50AM</b> <b>ZUMBA</b> Linda	<b>9:00AM-9:50AM</b> <b>TABATA</b> Karen	<b>9:30 AM-10:20 AM</b> <b>CARDIO SCULPT</b> Karen	<b>9:30AM-10:20AM</b> <b>ZUMBA</b> Danielli
<b>10:00AM-10:50AM</b> <b>CARDIO SCULPT</b> Karen	<b>10:00AM-10:50AM</b> <b>STUDIO CYCLE</b> Karen	<b>10:00AM-10:50AM</b> <b>CARDIO CORE &amp; MORE</b> Dianna	<b>10:00AM-10:50AM</b> <b>COREBOARDS &amp; MORE</b> Karen	<b>10:00AM-10:50AM</b> <b>CYCLE CARDIO</b> Karen	<b>10:30AM-11:20AM</b> <b>BUTI YOGA</b> Kelly	
<b>4:30-5:20PM</b> <b>CYCLE, STRENGTH &amp; STRETCH</b> Rikki	<b>4:30PM-5:20PM</b> <b>TABATA</b> Karen	<b>4:30PM-5:20PM</b> <b>PURE STRENGTH</b> Rikki	<b>4:30PM-5:20PM</b> <b>YOGA</b> Rikki		<b>ZUMBA</b>	
<b>5:30PM - 6:20PM</b> <b>CARDIO KICKBOXING</b> Tamra	<b>5:30PM - 6:20PM</b> <b>YOGA</b> Suzanne	<b>5:30PM - 6:20PM</b> <b>STUDIO CYCLE</b> Nicole	<b>5:30PM - 6:20PM</b> <b>TABATA</b> Patty	<b>5:00PM - 5:50PM</b> <b>KETTLEBELL &amp; MORE</b> DAP	<b>BABYSITTING HOURS</b> <b>MONDAY - FRIDAY</b> 8:30AM-12:00PM / 4:30PM-8:30PM <b>SATURDAY &amp; SUNDAY</b> 8:30AM-12:00PM	
<b>6:30PM - 7:20PM</b> <b>ZUMBA</b> Linda	<b>6:30PM - 7:20PM</b> <b>STUDIO CYCLE</b> Amanda	<b>6:30PM - 7:20PM</b> <b>ZUMBA</b> Linda		<b>6:00PM - 6:50PM</b> <b>ZUMBA</b> DAP	Like us on Facebook	
					<b>wownewengland.com</b>	

Please Note: All classes are FREE to Platinum Members  
The warm-up is essential to prevent injury. Schedules and Instructors are subject to change at anytime.

### **Movin n Groovin**

This class is perfect for older adults or anyone who is seeking a low impact workout that is FUN! Every routine starts easy and then progresses to a more advanced style. If you want to do the easy steps throughout the routine you can, or if you want to get fancier you can! You choose your pace throughout the workout.

### **Krank it up 65**

If you love Cycle and you want to ride and challenge yourself a little longer this is an extended Cycle class for you!!! Still working at your pace while the instructor takes you on a longer journey and keeps you working and sweating!!!