



# NEW BEDFORD GX



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>5:30AM - 6:20AM</b> STUDIO CYCLE Carrie		<b>5:30AM - 6:20AM</b> YOGA Carrie		<b>8:15AM - 9:20AM</b> KRANK IT UP 65 Karen	<b>8:00-8:45am</b> STUDIO CYCLE Tina
<b>9:00AM-9:50AM</b> CYCLE ENDURANCE Karen	<b>9:00AM-9:50AM</b> BRAZILIAN BOOTY and AB RIPPER Karen	<b>9:00AM-9:50AM</b> ZUMBA Linda	<b>9:00AM-9:50AM</b> ZUMBA Linda	<b>9:00AM-9:50AM</b> TABATA Karen	<b>9:30 AM-10:20 AM</b> CARDIO SCULPT Karen	<b>9:00AM-9:50AM</b> ZUMBA Danielli
<b>10:00AM-10:50AM</b> CARDIO SCULPT Karen	<b>10:00AM-10:50AM</b> STUDIO CYCLE Karen		<b>10:00AM-10:50AM</b> COREBOARDS & MORE Karen	<b>10:00AM-10:50AM</b> CYCLE CARDIO Karen	<b>10:30AM-11:20AM</b> BUTI YOGA Kelly	
<b>4:30-5:20PM</b> CYCLE, STRENGTH & STRETCH Rikki	<b>4:30PM-5:20PM</b> TABATA Karen	<b>4:30PM-5:20PM</b> PURE STRENGTH Rikki	<b>4:30PM-5:20PM</b> YOGA Rikki		ZUMBA	
<b>5:30PM - 6:20PM</b> CARDIO KICKBOXING Tamra	<b>5:30PM - 6:20PM</b> YOGA Suzanne	<b>5:30PM - 6:20PM</b> BUTI YOGA Kelly	<b>5:30PM - 6:20PM</b> TABATA Patty	<b>5:00PM - 5:50PM</b> KETTLEBELL & MORE DAP	<b>BABYSITTING HOURS</b> MONDAY - FRIDAY 8:30AM-12:00PM / 4:30PM-8:30PM SATURDAY & SUNDAY 8:30AM-12:00PM	
<b>6:30PM - 7:20PM</b> ZUMBA Linda	<b>6:30PM - 7:20PM</b> STUDIO CYCLE Suzanne	<b>6:30PM - 7:20PM</b> ZUMBA Linda		<b>6:00PM - 6:50PM</b> ZUMBA 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!!!