



NEW BEDFORD GX



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

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!!!