

Bedford Area Family YMCA Exercise Schedule

MORNING CLASSES

CLASS	DAYS	TIME	LOCATION
7 AM Spin with Josh	Mon., Wed., Fri.	7:00 – 7:45 AM	Bedford Y Spin Hall
MiddleGround with Josh	Mon., Wed., Fri.	8:30 – 9:00 AM	Bedford Y Aerobics Room
Body Blast with Kitty	Tues., Thurs.	9:30 – 10:00 AM	Bedford Y Aerobics Room
Zumba with Kat	Mon.	9:10 – 10:05 AM	Bedford Y Aerobics
Body Blast with Marcia	Wed., Fri.	9:10 – 10:05 AM	Bedford Y Aerobics Room
Body Focus with LeAndra	Mon., Fri	10:15 – 11:10 AM	Bedford Y Aerobics Room
Turbo Pump with Kitty	Tues., Thurs	10:00 – 10:45 AM	Bedford Y Aerobics Room

NOON CLASSES

CLASS	DAYS	TIME	LOCATION
Yoga with Helen	Thursdays	11:00 – 12:15 PM	Bedford Y Aerobics Room
Spin Class with Kitty	Tues., Thurs	11:00 – 11:45 AM	Bedford Y Spin Hall
Spin Class with Josh	Mon., Wed., Fri.	11:15 – 12:00 PM	Bedford Y Spin Hall
Spin Class with Kitty	Tues., Thurs.	11:45 – 12:20 AM	Bedford Y Spin Hall
SilverSneakers MSRM with Josh	Tues., Thurs.	12:50 – 1:35 PM	Bedford Y Aerobics Room
Spin Class with Kitty	Saturday	11:15 – 12:00 PM	Bedford Y Spin Hall
MiddleGround with Kitty	Saturday	12:10 – 12:35 PM	Bedford Y Aerobics Room
Yoga with Helen	Mondays	12:15 – 1:15 PM	Bedford Y Aerobics Room

EVENING CLASSES

CLASS	DAYS	TIME	LOCATION
Zumba with Kristen and Elizabeth	Fridays	4:00 – 4:45 PM	Bedford Y Aerobics Room
Step Cut with Tammy	Mon., Wed.	5:15 – 6:15 PM	Bedford Y Aerobics Room
Kick Boxing with Tammy	Thursday	5:30 – 6:30 PM	Bedford Y Aerobics Room
Body Cut with Kelly	Monday	6:45 – 7:45 PM	Bedford Y Aerobics Room
Spin Class with Tracie	Wednesday	6:00 – 6:45 PM	Bedford Y Spin Hall
Spin Class with Josh	Tues., Thurs.	6:00 – 6:45 PM	Bedford Y Spin Hall