

Leading Ladies to Host Month of FREE Fitness Classes for Women!



Spring is here! Want to improve your health and wellness? How about for FREE? Well, you're in luck! The YWCA Leading Ladies are sponsoring its second year of FREE FITNESS CLASSES FOR WOMEN every weekend throughout April and May! No costs. No commitments. This is a great way to try something new!

Each weekend, a different class will be offered to provide you with optimal choices to feel great and get in shape. The YWCA Leading Ladies value wellness and have partnered with local instructors to offer free classes so that all women have the option to participate. Registration is recommended as space is limited. To sign-up, simply email FreeFitnessNB@gmail.com.

HIP HOP ABS: Saturday April 27th at 11am

Supreme Perfection Studios – 67 Huttleston Avenue (Rt.6)
Fairhaven

Taught By: Christine Amaral

VINYASA YOGA: Saturday May 4th 12pm

Yoga 101 – 106 State Road, Dartmouth

Taught By: Monica Goncalves

ZUMBA!: Saturday May 11th at 5:00pm

Cheryl McCormack Academy of Dance – 731 Tarkiln Hill Road New Bedford

Taught By: Beth Methia

HATHA YOGA: Saturday May 18th at 12pm

Be Yoga – 11 Evergreen Drive, Acushnet

Taught By: Jennifer Downing & Nicole Merusi

KRAV MAGA: Saturday May 25th at 11am

Wild Pitch – 665 Orchard Street, 2nd Flr. New Bedford

Taught By: Dave Eaton

Hosted by YWCA Leading Ladies; Sponsored by Supreme Perfection Studios, Yoga 101 Studio, Beth Methia Zumba Instructor, Be Yoga, and Dave Eaton Krav Maga instructor.

Free Fitness

Sponsored by the
YWCA's Leading Ladies



Classes for Women: Spring into Health!

ATTEND ONE CLASS OR ALL FIVE! FREE!
PRE-REGISTRATION IS RECOMMENDED (Space is limited)
Sign up in advance --- email FREEFITNESSNB@GMAIL.COM

Hip Hop Abs

SATURDAY, APRIL 27TH at 11AM

All-standing abdominal workout set to the hottest tunes! Tone your mid-section without doing any sit-ups or crunches! Some legs, arms, and cardio included.

Supreme Perfection Studios
67 Huttleston Avenue (Rt.6) Fairhaven
Taught by: Christine Amaral

A yoga practice which focuses on flowing from one pose to the next while coordinating breaths to movements. Please bring mat.

Yoga 101
106 State Road, Dartmouth
Taught by: Monica Goncalves

Vinyasa Yoga

SATURDAY MAY 4TH at 12PM

The only Latin-inspired dance-fitness program that blends red-hot international music! High energy and easy-to-follow! A calorie-burning dance fitness party!

Cheryl McCormack Academy of Dance
731 Tarkiln Hill Road, New Bedford
Taught by: Beth Methia

Zumba!!

SATURDAY MAY 11TH at 5PM

Mindfully move through yoga postures which allow you to reconnect with breath, find peace within, tone your body, and increase flexibility. Leave feeling calm, strong, and refreshed. Please bring mat.

Be Yoga
11 Evergreen Drive, Acushnet
Taught by: Jennifer Downing & Nicole Merusi

Hatha Yoga

SATURDAY MAY 18TH at 12PM

An Israeli self-defense system based on principles and does not rely on an individual's size and/or strength. It allows individuals to be able to defend themselves against much larger opponents. A great tool of defense for women! Gloves recommended but not required.

Krav Maga

SATURDAY MAY 25TH at 11AM

Wild Pitch
665 Orchard Street, 2nd Fl, New Bedford
Taught by: Dave Eaton