

# INDOOR GROUP EXERCISE CLASSES



**Stoico/FIRSTFED YMCA**  
**February 2023**

## MONDAY

**6am**  
POP-UP W/Cynthia  
**9am**  
BodyPump W/Kara  
Power Hour W/Kassey  
**10am**  
Zumba W/Crystal  
**11am**  
Yogalates W/Debbie  
**4:30pm**  
Yoga W/Bridget  
**5:30pm**  
Cycle W/Stef  
**6:15pm**  
On the Ball W/Maureen

## THURSDAY

**6am**  
Cycle W/Cynthia  
**8:15am**  
Cycle W/Kassey  
Barre W/Jess  
**9:15**  
HIIT Boxing W/Louie  
Tabata Strength W/Kara  
**10:15am**  
Low-Impact W/Kassey  
Shake It Off Boxing  
W/Robin  
**11:30am**  
Body Balance W/Robin  
**5:30pm**  
BodyPump W/Bridget

## TUESDAY

**6am**  
Cycle W/Cynthia  
**8:15am**  
Barre W/Jess  
Cycle W/Kassey  
**9:15am**  
HIIT Boxing W/Louie  
**10:15am**  
Low Impact W/Kara-Cynthia  
Shake It Off Boxing W/Robin  
**5:30pm**  
Tabata Strength W/Stef

## FRIDAY

**6am**  
Cycle W/Krisann  
**8am**  
Cycle/Sculpt W/Tracy  
**9am**  
Ultimate Sculpt W/Kassey  
**10am**  
Zumba W/Crystal

## SUNDAY

**7:30am**  
Cycle W/Krisann  
**8:30am**  
Circuit W/Stef

## WEDNESDAY

**8:15am**  
Gentle Yoga W/Jess  
**9:15am**  
Octagon W/Kassey  
**10:15am**  
Drum Fitness  
W/Kassey  
**4:45pm**  
Ultimate Sculpt  
W/Kara  
**5:30pm**  
Cycle W/Durell  
**6:30pm**  
Instructor's Choice  
W/Pam

## SATURDAY

**7:30am**  
Cycle W/Krisann  
**8:15am**  
Butts & Guts W/Kassey  
**10:30am**  
Zumba W/Tracy-Renee

**REGISTER USING OUR APP  
OR ON GROUPEXPRO.COM  
RESERVATIONS REQUIRED**

[ymcasc.org](http://ymcasc.org)