

INDOOR GROUP EXERCISE CLASSES

Stoico/FIRSTFED YMCA
April 2023



MONDAY

9am
BodyPump W/Kara
Power Hour W/Kassey
10am
Zumba W/Crystal
11am
Yogalates W/Debbie
4:30pm
Yoga W/Bridget/Mary
5:30pm
Cycle W/Stef
Instructor's Choice
W/Pam

TUESDAY

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

WEDNESDAY

8:15am
Gentle Yoga W/Jess
9:15am
Octagon W/Kassey
10:15am
Drum Fitness
W/Kassey
5:30pm
Cycle W/Durell
On the Ball
W/Maureen
6:00pm
Buti Yoga W/Carissa

THURSDAY

6am
Cycle W/Cynthia
8:15am
Cycle W/Kassey
One More Rep 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
4:30pm
Barre W/Debbie
5:30pm
BodyPump W/Bridget

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

SATURDAY

7:30am
Cycle W/Krisann
8:15am
Core & More W/Kassey
10:30am
Zumba W/Renee



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