

SEPTEMBER GROUP EXERCISE CLASSES



MONDAY

9:00am
BodyPump w/Kara
Power Hour w/Kassey
10:00am
Zumba w/Crystal
11:00am
Yogalates w/Debbie
4:30pm
Yoga w/Bridget/Mary
5:30pm
Cycle w/Stef
Instructor's Choice w/Pam

TUESDAY

8:15am
Barre w/Jess
Cycle w/Kara
9:15am
HIIT Boxing w/Louie
10:15am
Low Impact w/Kara
Shake It Off Boxing
w/Robin
5:30pm
Interval Strength w/Stef
6:15pm
Step w/Kerri

WEDNESDAY

6:00am
Cycle w/Cynthia
8:15am
Yoga w/Jess
9:15am
Octagon w/Kassey
10:15am
Drum Fitness w/Kassey
5:00pm
Cycle w/Durell
6:00pm
HIIT Boxing w/Louie
Buti Yoga w/Carissa

THURSDAY

8:15am
Cycle w/Kassey
One More Rep w/Jess
9:15am
Interval Strength w/Pam
10:15am
Low-Impact w/Kassey
Shake It Off Boxing
w/Robin
11:30
Body Balance w/Robin
4:30pm
Pilates w/Debbie
5:30pm
Instructor's Choice w/Kara

FRIDAY

6:00am
Cycle w/Cynthia
8:00am
Cycle/Sculpt w/Tracy
9:00am
Ultimate Sculpt w/Kassey
10:00am
Zumba w/Crystal

SATURDAY

7:30am
Cycle w/Krisann
8:30am
Core & More w/Kassey

SUNDAY

BEGINNING 9/10
7:30am
Step w/Kerri
8:30am
Interval Strength w/Stef

Stoico/FIRSTFED YMCA

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RESERVATIONS REQUIRED

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