

NOVEMBER GROUP EXERCISE CLASSES



MONDAY

9:00am
BodyPump w/Kara
Power Hour w/Kassey
10:00am
Zumba w/Crystal
11:00am
Stop, Drop, & Flow w/Kara
4:30pm
Yoga w/Bridget/Mary
5:30pm
Cycle w/Stef

TUESDAY

6:00am
Cycle w/Cynthia
8:15am
Barre w/Jess
Cycle w/Kassey/Kara
9:15am
Functional Fitness
w/Pam
HIIT Boxing w/Louie
10:15am
Low Impact w/Kara/Pam
Solid Gold Boxing+
w/Robin
5:30pm
Interval Strength w/Stef
6:30pm
BodyPump w/Durell

WEDNESDAY

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

6:00am
Cycle w/Cynthia
8:15am
Cycle w/Kassey
One More Rep w/Jess
9:15am
Interval Strength w/Pam
10:15am
Low-Impact w/Kassey
Solid Gold Boxing+
w/Robin
11:30
Body Balance w/Robin
5:30pm
Instructor's Choice
w/Kara/Kerri

FRIDAY

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

SATURDAY

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

SUNDAY

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

Stoico/FIRSTFED YMCA

REGISTER USING OUR YMCA Universal
APP or call: 508.678.9622
RESERVATIONS REQUIRED

Download YMCA
Universal App



ymcasc.org