

# OCTOBER 2024 GROUP EXERCISE CLASSES



## MONDAY

8:00am  
Yoga w/Jess  
9:00am  
Balanced Flexibility  
Session w/Deana  
Bootcamp w/Kassey  
10:00am  
Zumba w/Crystal  
4:30pm  
Yoga w/Mary/Bridget  
5:30pm  
Drum Fitness w/Kara  
Cycle w/Stef

## TUESDAY

5:30am  
Cycle w/Cynthia  
8:15am  
Barre w/Jess  
Cycle w/Kassey  
9:15am  
HIIT Boxing w/Louie  
10:15am  
Low Impact w/Kassey  
Solid Gold Boxing+ w/Robin  
5:30pm  
Interval Strength w/Stef

## WEDNESDAY

5:30am  
Bootcamp w/Pam  
8:15am  
Cycle w/Martha  
9:15am  
Octagon w/Kassey  
10:15am  
Drum Fitness w/Kassey  
4:30pm  
Octagon w/Kara  
5:30pm  
Instructor's Choice  
w/Kara/Martha

## THURSDAY

5:30am  
Cycle w/Cynthia  
8:15am  
Cycle w/Kassey  
One More Rep w/Jess  
9:15am  
Interval Strength w/Pam  
10:15am  
Low-Impact w/Pam  
Solid Gold Boxing+ w/Robin  
11:30am  
Body Balance w/Robin  
4:30pm  
Yoga w/Jenn  
5:30pm  
Drum Fitness w/Brittany

## FRIDAY

5:30am  
Bootcamp w/Pam  
8:00am  
Cycle & Sculpt w/Tracy  
9:00am  
Ultimate Sculpt w/Kassey  
10:00am  
Zumba w/Crystal  
4:30pm  
Body Sculpt w/Pam

## SATURDAY

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

## SUNDAY

7:30am  
Step w/Kerri  
8:30am  
Sunday Brunch &  
Burn w/Stef

Reservations  
Required



Stoico/FIRSTFED YMCA  
ymcasc.org