

AGES 12+

WELLNESS

GROUP EXERCISE SCHEDULE

STOICO/FIRSTFED YMCA
JULY/AUGUST 2025

MON

TUES

WED

THURS

FRI

SAT

SUN

BOOTCAMP

Kerri
5:30am

CYCLE

Cynthia
5:30am

BOOTCAMP

Kassey
5:30am

CYCLE

Cynthia
5:30am

BOOTCAMP

Pam
5:30am

TABATA

Kerri
7:30am

CARDIO PUMP

Kerri
7:30am

YOGA

Jess
8:15am

BARRE

Jess
8:15am

CYCLE

Martha
8:15am

CORE - FLEX

Jess
8:15am

CYCLE & SCULPT

Tracy
8am

CORE & MORE

Kassey
8:30am

POWER HOUR
*AT MILFORD PARK FITNESS
PAD WEATHER
PERMITTING*
Kassey
9am

CYCLE

Kassey
8:15am

S.E.A.T.

Kara
9:15am

CYCLE

Kassey
8:15am

ULTIMATE
SCULPT

Kassey
9am

DRUM FITNESS

Brittany
9:30am

BALANCED
FLEXIBILITY
SESSION
Deana
9:15am

BARBELL
CONDITIONING

Kara
9:15am

OCTAGON

Kassey
9:15am

BARBELL
CONDITIONING

Pam
9:15am

ZUMBA

Crystal
10am

ZUMBA

Crystal
10am

SOLID GOLD
BOXING+
Robin/Louie
10:15am

DRUM FITNESS

Kassey
10:15am

LOW IMPACT

Pam
10:15am

LOW IMPACT

Brittany
10:15am

SOLID GOLD
BOXING+
Robin/Louie
10:15am

YOGA

Mary/Bridget
4:30pm

BODY BALANCE

Robin
11:30am

DRUM FITNESS

Pam
5:30pm

ABS, ARMS, &
ASSETS
Deana
4:30pm

CYCLE

Stef
5:30pm

INTERVAL
STRENGTH

Stef
5:30pm

TURBO TABATA

Martha
5:30pm

YOGA

Jenn
4:30pm

- Registration Required
- Class Descriptions Available in App
- Octagon is ages 16+



SCAN TO
LEARN MORE



YMCA SOUTHCOAST
ymcasc.org

Dartmouth YMCA 508.996.3361 • Fall River YMCA 508.675.7841 • Gleason Family YMCA 508.295.9622
Mattapoisett YMCA 508.758.4203 • New Bedford YMCA 508.997.0734 • Stoico/FIRSTFED YMCA 508.678.9622