

AGES 12+ GROUP EXERCISE SCHEDULE

WELLNESS

STOICO/FIRSTFED YMCA
OCTOBER/NOVEMBER 2025

MON

TUES

WED

THURS

FRI

SAT

SUN

YOGA

Jess
8:15am

CYCLE

Cynthia
5:30am

BOOTCAMP

Kassey
5:30am

CYCLE

Cynthia
5:30am

BOOTCAMP

Kassey
5:30am

TABATA

Kerri
7:30am

CARDIO PUMP

Kerri
7:30am

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

BARRE

Jess
8:15am

CYCLE

Martha
8:15am

CORE - FLEX

Jess
8:15am

CYCLE & SCULPT

Tracy
8am

CYCLE

Martha
7:30am

**INTERVAL
STRENGTH**
At milford park fitness pad
weather permitting*
Stef
8:30am

**BALANCED
FLEXIBILITY
SESSION**
Deana
9:15am

CYCLE

Kassey
8:15am

S.E.A.T.
Kara/Deana
9:15am

CYCLE

Kassey
8:15am

**ULTIMATE
SCULPT**
Kassey
9am

CORE & MORE
Kassey
8:30am

ZUMBA
Crystal
10am

**BARBELL
CONDITIONING**
Kara/Martha
9:15am

OCTAGON
Kassey
9:15am

**BARBELL
CONDITIONING**
Pam
9:15am

ZUMBA
Crystal
10am

DRUM FITNESS
Brittany
9:30am

**SOLID GOLD
BOXING+**
Robin/Louie
10:15am

DRUM FITNESS
Pam
10:15am

**SOLID GOLD
BOXING+**
Robin/Louie
10:15am

LOW IMPACT
Kassey
10:15am

LOW IMPACT
Pam
10:15am

YOGA

Mary/Bridget
4:30pm

BODY BALANCE

Robin
11:30am

DRUM FITNESS
Pam
5:30pm

PILATES
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