

AGES 12+ GROUP EXERCISE SCHEDULE

WELLNESS

STOICO/FIRSTFED YMCA
JANUARY 2026

MON

TUES

WED

THURS

FRI

SAT

SUN

YOGA

Jess
8:15am

CYCLE

Cynthia
5:30am

OCTAGON

Kassey
5:30am

CYCLE

Cynthia
5:30am

OCTAGON

Kassey
5:30am

TABATA

Kerri
7:30am

CARDIO PUMP

Kerri
7:30am

POWER HOUR

Kassey
9am

BARRE

Jess
8:15am

CYCLE

Martha
8:15am

PILATES

Jess
8:15am

CYCLE & SCULPT

Martha
8am

CYCLE

Martha
7:30am

INTERVAL
STRENGTH

Stef
8:30am

BALANCED
FLEXIBILITY
SESSION
Deana
9:15am

CYCLE

Kassey
8:15am

STRONG & STEADY

Kara
9:15am

CYCLE

Kassey
8:15am

ULTIMATE
SCULPT

Kassey
9am

FOUNDATION
STRENGTH

Kassey
8:30am

ZUMBA

Crystal
10:15am

TOTAL BODY
STRENGTH

Kara
9:15am

OCTAGON

Kassey
9:15am

TOTAL BODY
STRENGTH

Pam
9:15am

ZUMBA

Crystal
10:15am

DRUM FITNESS

Brittany
9:30am

SOLID GOLD
BOXING+
Robin/Louie
10:15am

DRUM FITNESS

Pam/Kara
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

YOGA

Jenn
4:30pm

CYCLE

Stef
5:30pm

INTERVAL
STRENGTH

Stef
5:30pm

TURBO TABATA

Martha
5:30pm

CYCLE

Kara
5:30pm

- 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