

AGES 12+ GROUP EXERCISE SCHEDULE

WELLNESS

STOICO/FIRSTFED YMCA
MAY 2026

MON	TUES	WED	THURS	FRI	SAT	SUN
CYCLE & SCULPT Martha 8am	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
YOGA Jess 8:15am	BARRE Jess 8:15am	CYCLE Martha 8:15am	PILATES Jess 8:15am	CYCLE & SCULPT Tracy 8am	CYCLE Martha 7:30am	INTERVAL STRENGTH Stef 8:30am
POWER HOUR Kassey 9am	CYCLE Kassey 8:15am	STRONG & STEADY Kara 9:15am	CYCLE Kassey 8:15am	ULTIMATE SCULPT Kassey 9am	FOUNDATION STRENGTH Kassey 8:30am	
BALANCED FLEXIBILITY SESSION Deana 9:15am	TOTAL BODY STRENGTH Kara 9:15am	OCTAGON Kassey 9:15am	TOTAL BODY STRENGTH Pam 9:15am	ZUMBA Crystal 10:15am	DRUM FITNESS Kara 9:30am	
ZUMBA Crystal 10:15am	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		YOGA Jenn 4:30pm			
CYCLE Stef 5:30pm	INTERVAL STRENGTH Stef 5:30pm	TURBO TABATA Martha 5:30pm				

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



SCAN TO
LEARN MORE



YMCA SOUTHCOAST
ymcasc.org

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