



Stoico/FIRSTFED YMCA
A Division of YMCA Southcoast
271 Sharps Lot Road Swansea MA
508.678.9622 • ymcasouthcoast.org

Monday – Friday 5:00 am – 9:00 pm Saturday 7:00 am – 5:00 pm Sunday 7:00 am – 8:00 pm

Group Exercise Descriptions

YOGA

Yoga and Gentle Yoga

Energize your body with this multi-level class that focuses on yoga poses to increase flexibility, build strength and stamina. K YH Yf nai Wccgy ; YbhYcf FY[i UF M&[UHAYWggk]`YHU [\hk]A nai f'UW]]m]b'a]bX

STRENGTH & SCULPTING

Octagon by Escape Fitness

This is a brand new concept in fitness that provides engaging functional training through a unique facility design in a group setting. We are one of the first to offer this in the U.S.

Escape Fitness products “constantly look to push the boundaries of what is possible and make the ordinary extraordinary.” The goal is to “Escape your Limits” and exceed your expectations of your fitness experience and results. Adaptable to all.

Members \$5/Class Non Members \$12/class

Les Mills BODYPUMP™

The original weight class that tones your body and pushes you to the limit every time. Helps maintain bone density and provides increased strength and endurance.

Core & More

This class concentrates on core strength and stability and Cardio work with resistance bands and more. This class is for all fitness levels.

Ultimate Abs

Strict Focus on the Core with the ultimate sculpting workout

CARDIO

Les Mills BODYVIVE

A low-impact, whole body group™ fitness workout that uses tubes and body weight to boost fitness and core strength. The inspirational instructors and music motivate you. Best of all, you're left fizzing with energy, so you can really take life on!

HIIT

This is a High Intensity Interval Training class for the individual looking to take cardio and strength outside of the box. Training includes a combination of plyometrics, conditioning drills, and strength training in a circuit style. Modifications are provided for all fitness levels.

Zumba®

A fusion of Latin and international music and dance themes creating a dynamic, effective and fun fitness system. Zumba® uses the principles of interval training by combining fast and slow rhythms that tone and sculpt the body.

Lo Impact/PT

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Resistance training is achieved with the use of hand weights and tubing. A chair is used for seated and standing support. Great for Post Physical Therapy work.



STAGES
CYCLING

Stages Indoor Cycling

Indoor cycling is a great overall Cardio Workout, it empowers total body fitness. The stages bikes we carry are at the top of the field and offer on the fly workout info. Designed by Professional Road Cyclist tfor their own off road workouts, so workout like a pro!!!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Stoico/FIRSTFED YMCA Group Exercise Schedule

Contact: Christine Medeiros Wellness Director
508.678.9622 chmedeiros@ymcasouthcoast.org

Schedule effective 2/20/2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15am - 6:00 am Yoga Heidi					
5:45 - 6:45 am BODYPUMP™ MaryAnn/Krissann	5:45 - 6:30 am Cycling Kassey	5:45 - 6:30 am Cycling Melissa	5:45 - 6:30 am Cycling Kassey	5:45 - 6:30 am Cycling Kim	7:45 - 8:45 am Cycling Kris Ann	
8:00 - 8:45 am Cycling Kimberly		8:00 - 8:45 am Cycling Kimberly		8:30 - 9:30 am Yoga Melanie	8:00-9:00 am BODYPUMP™ Maryann/Kara	8:00-9:00 am Cycling Kris Ann
9:00 - 10:00 am BODYPUMP™ April	9:30 - 10:15 am Cardio/Strength Kara	9:00-10:00 am BODYPUMP™ Kara	9:00- 9:45 am H.I.I.T. Kara	9:30-10:30 am Zumba ® Jeanine	9:15-10:00 am BODYPUMP™ Christine	Check at the desk for the SUNDAY SPECIALTY CLASS of the week treat! 9:00 - 10:00 am
10:30 - 11:30 am Gentle Yoga Karyl	10:30 - 11:30 am Low Impact/PT Luca	10:30 - 11:30 am Gentle Yoga Karyl	10:30 - 11:30 am Low Impact/PT Luca		9:15-10:00 am Cycling Kara	
4:30 - 5:15pm H.I.I.T. James	4:30 - 5:15pm Ultimate Abs James	4:30 - 5:15pm Cycling Kriss Ann	4:45p - 5:30 pm CORE&MORE Christine		10:15 - 11:15 am Zumba ® April	
5:30 - 6:30 pm BODYVIVE® Sue	5:30 - 6:30 pm BODYPUMP™ Jeanine	5:30 - 6:30 pm Zumba ® April	5:30 - 6:30 pm Yoga Sue	5:30 - 6:15 pm Kickboxing Sue		
5:30 - 6:15 pm Cycling Melissa		6:00 - 6:45 pm Cycling Kim	5:30 - 6:15 pm Cycling Melissa		6:15 - 7:00 pm Low Impact/PT Luca	
6:30 - 7:15 pm Cycling Melissa	6:30 - 7:15 pm Cycling Kriss Ann	6:30-7:30 pm BODYVIVE® Sue	6:30-7:30 pm BODYPUMP™ Sue			
6:30 - 7:30 pm Zumba ® April	6:30 - 7:30 pm Yoga Sue		6:30 - 7:15 pm Cycling Melissa			
LEARN TO USE THE OCTAGON & MEET OUR CERTIFIED PERSONAL TRAINERS.						
8:30 - 9:00 am Octagon James	9:00 - 9:30 am Octagon Kara	5:15 - 5:45 pm Octagon Kara	Members \$5/Class Non Members \$12/Class Octagon classes are limited to 14 people		11:00 - 11:30 am Octagon James	

All class descriptions on back.