



Stoico/FIRSTFED YMCA GROUP EXERCISE SCHEDULE

EFFECTIVE: December 23—January 27

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------|---|---|---|---|--|---|------------------------------------|
| STUDIO A | LES MILLS BODYPUMP 9:00-10:00am Mary Ann/Sue | Barre/Yoga 8:15-9:15am Jen | LES MILLS BODYPUMP 9:00am-10am Kara | LES MILLS BODYPUMP 5:30-6:15am Bridget | YOGA 9:00-10:00am Melanie | Body Pump Tech class 8:00-8:30am | CLASS OF THE WEEK 9:00-10:00am |
| | ZUMBA 10:05-11:05am Crystal | tone 9:15-10:00am Mary Ann | GENTLE YOGA 10:30-11:30am Karyl | STRONG 9:00-9:55am Kara | ZUMBA 10:00-11:00am Crystal | LES MILLS BODYPUMP 8:30-9:30am Christine | |
| | GENTLE YOGA 11:05-12:05 Karyl | LOW IMPACT/PT 10:30-11:30am Mary Ann | YOGA NIDRA 11:30-12:30 Karyl | LOW IMPACT/PT 10:30-11:30am Christine | | ZUMBA 9:45-10:45am April/Jen | |
| | YOGA 4:30-5:30pm Mary | ULTIMATE ABS 4:45-5:15pm Kassey | LES MILLS BODYPUMP 4:45-5:30pm Christine | CORE & MORE 4:45-5:30pm Christine | LOW IMPACT/PT 4:30-5:30pm Rotating | | |
| | tone 5:30-6:30pm Sue/Kerri | LES MILLS BODYPUMP 5:30-6:30pm Rotating | STRONG 5:30-6:30pm Mary Ann | YOGA 5:30-6:30pm Sue | STRONG 5:30-6:30pm Mary Ann | | |
| | ZUMBA 6:30-7:30pm April | YOGA 6:30-7:30pm Sue | tone 6:30-7:30pm Sue | LES MILLS BODYPUMP 6:30-7:30pm Sue | | | |
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| STUDIO C (CYCLE ROOM) | | CYCLING 5:30-6:15am Kassey | CYCLING 5:30-6:15am Melissa | CYCLING 5:30-6:15am Kassey | CYCLING 5:30-6:15am Kim | CYCLING 7:30-8:30am Krissann | CYCLING 8:00-9:00am Krissann |
| | CYCLING 8:15-9:00am Kimberly | CYCLING 5:30-6:15pm Victor | CYCLING 8:15-9:00am Kimberly | CYCLING 9:00-9:45am Christine | CYCLING 8:15-9:00am Kimberly | CYCLING 8:45-9:30am Kara | |
| | CYCLING 5:30-6:15pm Melissa | CYCLING 6:30-7:15pm Krisann | CYCLING 5:30-6:15pm Stef | CYCLING 5:30-6:15pm Stef | SENIOR CYCLING 11:05-11:35am Cliff | | |
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| OTHER | HITT 4:45-5:15pm Rotating <i>Fitness Center/</i> | CARDIO STRENGTH 9:15-10:00am Kara <i>Octagon</i> | BOOT CAMP 5:30-6:30AM Kassey | BARRE 6:00-7:00pm Bridget/ <i>Studio B</i> | BOOT CAMP 9:00-9:45am Kassey <i>Court/Outside</i> | | |
| | | | <i>Octagon</i> 8:30am-9:15am Kassey | | | | |

CHILD WATCH HOURS
Ages: 6 weeks — 12 years

MONDAY—FRIDAY
8:00-11:30am & 4:30-7:30pm

SATURDAY
8:00-11:30am

YMCA HOURS OF OPERATION

Monday 5:00am—9:00pm
Tuesday 5:00am—9:00pm
Wed. 5:00am—9:00pm
Thursday 5:00am—9:00pm
Friday: 5:00am—9:00pm
Saturday: 7:00am—4:00pm
Sunday: 7:00am—2:00pm

What's New?

Barre/Yoga-Tuesday's 8:15am
Yoga Nidra- Wed. 11:30am
6 week Body Pump Technique Class
Saturday's 8:00am & Monday's at 8:30am

CONTACT INFO
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Wellness Director
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CLASS DESCRIPTIONS

Updated 12-23-18

Barre

A comprehensive workout that combines elements of Pilates, muscle toning and core work. Classes will utilize a ballet barre for many elements of the workout.

Boot Camp

Maximum calorie burn in a short amount of time, this class combines high intensity intervals of cardio and resistance training with a focus on partner work and bodyweight exercises.

Cardio Strength

Intervals of cardiovascular work mixed with strength training to help you achieve a toned body and healthy heart. Resistance training is performed with weights and tubing.

Core & More

Focus on your abdominals and then some in this core-focused class.

Cycling



Improve your cardiovascular fitness and endurance while burning a ton of calories. Spinning is low impact and can accommodate almost any fitness level. Each class is led by a motivating instructor and accompanied by powerful, unique playlists.

HIIT

These 45-minute classes combine bouts of high intensity work with active rest to challenge any fitness level. Class is usually held in the Wellness Center and incorporates the Octagon system.

Les Mills BODYPUMP



The original Les Mills barbell class, BODYPUMP will sculpt, tone and strengthen your body in no time fast. Choreographed routines combined with the hottest music and motivating instructors make this one of our most popular classes.

Yoga Nidra

Guided meditation that systematically turns off the 'Fight or Flight Response' and turns on the 'Relaxation Response' - the body's natural healing state. Yoga Nidra is done lying down, but can be done seated. There is no wrong way to do it! Close your eyes, relax and listen. Be sure to bring a blanket.

Les Mills TONE



A 3-in-1 training style, TONE features cardio, resistance training and core work while playing with different training concepts to ensure everyone gets the best results from their workout.

Low 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 performed with tubes or hand weights. Chairs are used for seated and standing support.

STRONG by Zumba



A High Intensity Interval Training class that uses more traditional fitness moves for a more athletic, conditioning workout. Includes a unique progressive system.

Ultimate Abs

Thirty-minute class that focuses exclusively on your core muscles. Exercises are performed mainly on the floor and include a wide variety of modifications.

Yoga

Unite the mind, spirit and body in our yoga classes for all levels. Increase flexibility, build strength and stamina, and learn to focus. All classes include pranayama (breathing), meditation, and asana.

Zumba



Join the party! Dance as exercise combined with a fusion of Latin and international music to elevate your heart rate, burn calories and have fun!

Spartan Strong:



Spartan Strong brings the authentic spirit of Spartan Race to group fitness. This variable intensity class will push you and unleash your inner Spartan by increasing strength, endurance and mobility through a combination of body-weight moves, dynamic stretching and cardio-focused drills using the Spartan Pancake sandbag.

