

**GROUP EXERCISE**

**J. Smith Young YMCA**

**August 2025**

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| **Monday** | | | | |
| **Time** | **Class** | **Location** | **Instructor** | **Notes** |
| 8:00 am | CSF | Group Ex Studio | Katherine | **8.4 Jen**  **8.11 Canceled** |
| 9:00 am | Y fit (upper body) | Group Ex Studio | Dawn | **8.5 Stephanie (BodyPump)**  **8.11 Stephanie (BodyPump)** |
| 9:00 am | Water FitnessC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Indoor Pool | Lorene | **8.4 Kathy** |
| 9:00 am | Pickleball | Gym-back courts | member-led |  |
| 10:00 am | Water FitnessC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Indoor Pool | Lorene/Evelina | **Evelina starting 8.19** |
| 10:15 am | Silver Sneakers Classic https://lh5.googleusercontent.com/Ib-5TWMsdRXpeuaSTbiHlOJrhhItqQx9I-uWDWXlTfCZM6mvsjQEia0Gpz0wbSb3GH_6Kk5UPHtbbIOPU5v6rY9XXRAFt_o-5OpXPB4vTzVGNdfTC-5ZGRVRPUHSzYdfeF52eQVpJ_7eLAUeA6MiNA | Event Center | Kathy | **8.4 Shannon**  **8.11 Shannon**  **8.18 Canceled**  **8.25 Canceled** |
| 12:05 pm | Power Cut | Group Ex Studio | Tiffany | **8.11 Jen** |
| 1:00 pm | Line Dancinghttps://lh5.googleusercontent.com/Ib-5TWMsdRXpeuaSTbiHlOJrhhItqQx9I-uWDWXlTfCZM6mvsjQEia0Gpz0wbSb3GH_6Kk5UPHtbbIOPU5v6rY9XXRAFt_o-5OpXPB4vTzVGNdfTC-5ZGRVRPUHSzYdfeF52eQVpJ_7eLAUeA6MiNA | Group Ex Studio | Sharon |  |
| 5:05 pm | Full Body Strength | Group Ex Studio | Caroline | **8.4 Stephanie (Body Pump)**  **8.11 Stephanie (Body Pump)** |
| 6:00pm | Cycle | Cycle Studio | Ashley |  |
| **Tuesday** | | | | |
| 5:15 am | TRX/Strength Stations | TRX room | Brooke |  |
| 9:00 am | Barre-strength | Mind & Body Studio | Stephanie |  |
| 9:00 | Y fit (lower body) | Group Ex Studio | Dawn | **8.5 Canceled** |
| 9:00 am | Deep Water Fitness | Outdoor Pool until 8.5 | Lisa/Evelina | **Evelina starting 8.19** |
| 10:00 am | Water FitnessC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Outdoor Pool until 8.5 | Lorene | **8.5 Kathy** |
| 10:00 am | Silver Sneakers Classic https://lh5.googleusercontent.com/Ib-5TWMsdRXpeuaSTbiHlOJrhhItqQx9I-uWDWXlTfCZM6mvsjQEia0Gpz0wbSb3GH_6Kk5UPHtbbIOPU5v6rY9XXRAFt_o-5OpXPB4vTzVGNdfTC-5ZGRVRPUHSzYdfeF52eQVpJ_7eLAUeA6MiNA | Event Center | Shannon |  |
| 11:00am | Chair YogaC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Event Center | Whitney | **8.12 Cancelled** |
| 12:00 pm | Pilates | Mind Body Studio | Whitney | **8.12 Cancelled** |
| 1:00 pm | Line DancingC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Group Ex Studio | Sharon |  |
| 5:30 pm | Yoga- Strong Slow Flow | Mind/Body Studio | Ellen |  |
| 6:00 pm | Zumba® | Group Ex Studio | Pam |  |
| **Wednesday** | | | | |
| 5:30 am | Cycle | Cycle room | Brooke |  |
| 8:00 am | CSF | Group Ex Studio | Katherine | **8.6 Jen** |
| 9:00 am | Cycle | Cycle room | Beth |  |
| 9:00 am | Pickleball | Gym back-courts | member-led |  |
| 9:00 am | Water FitnessC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Indoor pool | Lorene | **8.6 Kathy** |
| 10:05 am | Silver Sneakers BOOM MUSCLEhttps://lh5.googleusercontent.com/Ib-5TWMsdRXpeuaSTbiHlOJrhhItqQx9I-uWDWXlTfCZM6mvsjQEia0Gpz0wbSb3GH_6Kk5UPHtbbIOPU5v6rY9XXRAFt_o-5OpXPB4vTzVGNdfTC-5ZGRVRPUHSzYdfeF52eQVpJ_7eLAUeA6MiNA | Event Center | Beth |  |
| 10:00 am | Water Fitness C:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Indoor Pool | Lorene/Evelina | **Evelina starting 8.20** |
| 4:30 pm | Yoga Strong with Weights | Mind/Body Studio | Ellen |  |
| 5:30 pm | Aqua Zumba C:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Outdoor Pool | Pam |  |
| 5:30 pm | Yoga- Deep Stretch and Restore | Mind/Body Studio | Ellen |  |

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| **Thursday** | | | | |
| 5:15 am | Strength & Sculp Bootcamp (outside) | Group Ex Studio | Brooke |  |
| 9:00 am | Cardio & Core | Group Ex Studio | Dawn | **8.7** **Nicole** |
| 9:00 am | Deep Water Fitness | Outdoor Pool until 8.7 | Lisa/Evelina | **Evelina starting 8.21** |
| 10:00 am | Silver Sneakers ClassicC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Event Center | Kimberly |  |
| 10:00am | Water Fitness C:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Outdoor Pool until 8.7 | Lisa/Evelina | **Evelina starting 8.21** |
| 10:00 am | Gentle Yoga | Mind Body Studio | Whitney | **8.14 Cancelled** |
| 11:15 am | Chair One | Event Center | Whitney | **8.14 Cancelled** |
| 12:00 pm | Zumba | Group Ex Studio | Nia |  |
| 5:05 pm | Les Mills - Body Pump™ | Group Ex Studio | Stephanie |  |
| 6:00 pm | Zumba Toning® | Group Ex Studio | Pam | **8.21 Barbi** |
| **Friday** | | | | |
| 5:30am | Cardio & Strength | Group Ex Studio | Brooke |  |
| 8:00 am | CSF | Group Ex Studio | Katherine | **8.1 Caroline**  **8.8 Jen** |
| 9:00 am | BARRE-cardio | Mind & Body Studio | Stephanie |  |
| 9:00 am | Full Body Shred | Group Ex Studio | Dawn | **8.1 Caroline**  **8.8 Nicole** |
| 9:00 am | Deep Water Fitness | Indoor Pool | Lisa |  |
| 9:00 am | Pickleball | Gym-back court | member-led |  |
| 10:00 am | Silver Sneakers BOOM MUSCLEhttps://lh5.googleusercontent.com/Ib-5TWMsdRXpeuaSTbiHlOJrhhItqQx9I-uWDWXlTfCZM6mvsjQEia0Gpz0wbSb3GH_6Kk5UPHtbbIOPU5v6rY9XXRAFt_o-5OpXPB4vTzVGNdfTC-5ZGRVRPUHSzYdfeF52eQVpJ_7eLAUeA6MiNA | Event Center | Beth |  |
| 10:00 am | Water FitnessC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Indoor Pool | Lisa/Lorene | **8.1 Lorene, 8.8&8.15 Lisa, 8.22&8.29 Evelina** |
| **Saturday** | | | | |
| 8:00am | Cycle | Cycle Studio | Brooke | **8.20 Canceled** |
| 9:15 am | Saturday Sizzler | Group Ex Studio/ Mind and Body Studio | Rotates | **8.2 Yoga and Pilates with Whitney**  **8.9 Cardio Barre with Stephanie**  **8.16 Zumba with Pam**  **8.23 BodyPump Mix with Stephanie**  **8.30 Zumba with Pam** |
| 10:00 am | Water AerobicsC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Indoor Pool | Rotates | **8.2 water fitness with Lorene**  **8.9 Aqua Zumba with Pam**  **8.16**  **8.23 Aqua Zumba with Pam**  **8.30 Aqua Zumba with Pam** |

**\*\*\*Please Note\*\*\* Classes are subject to change due to demand, participation & instructor availability.  For your safety, it is recommended that you consult your physician prior to starting any exercise program.  All classes averaging less than five (5) participants per class are subject to change or cancellation**.

**Evidence Based Health Intervention Exercise Classes**

EP is a program that integrates the best research evidence, clinical expertise, and patient values to develop an exercise program for active older adults. These classes fill up quickly and require a small registration fee. Please register online or at the front desk.

**Better Balance with Kelly D**

July 2 - August 27 (8 sessions) NO SESSION: Aug. 6th

Wednesdays at 1pm in the Group Ex Studio, $10 members/$15 non-members

**Tai Chi for Arthritis and Fall Prevention**

August 25 - October 20 (16 sessions, no class on Sept 1)

Mon/Wed 9am-10am in the Event Center