



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE




J. Smith Young YMCA

February 2023

NOW HIRING GROUP FITNESS INSTRUCTORS

Monday				
Time	Class	Location	Instructor	
8:00 am	CSF	Group Ex Studio	Katherine	2/6-Dawn
9:00 am	Y fit (lower body)	Group Ex Studio	Dawn	
9:00 am	Water Fitness	Pool-indoor	Rotating	Feb 11-26 - Pool closed for maintenance
10:00 am	Water Fitness	Pool	Mona	Feb 11-26 - Pool closed for maintenance
10:05 am	Silver Sneakers Classic	Group Ex Studio	Kathy	2/6 & 2/13 -Genevieve
12:05 pm	Power Cut	Group Ex Studio	Tiffany	
4:30 pm	Pure Cardio	Group Ex Studio	Tracie/Stephanie	
5:05 pm	Les Mills - Body Pump™	Group Ex Studio	Tracie/Stephanie	
6:00 pm	Cycle	Cycle room	Ashley	
Tuesday				
5:15 am	TRX/EMOM	TRX room	Brooke	
6:00 am	TONE	Group Ex.	Kelly	2/7-No Class
9:00 am	Barre	Mind Body Studio	Stephanie	
9:00 am	Y fit (upper body)	Group Ex Studio	Dawn	
9:00 am	Deep Water Fitness	Pool	Lisa	Feb 11-26 - Pool closed for maintenance
10:00 am	Water Fitness	Pool	Rotating	Feb 11-26 - Pool closed for maintenance
10:00 am	SS Circuit/Cardio	Group Ex studio	Charis	
11:00am	Chair Yoga	Group Ex Studio	Whitney	2/28-Canceled
12:00 pm	Pilates	Mind Body Studio	Whitney	
1:00 pm	Line Dancing	Group Ex Studio	Sharon	
4:30 pm	Tabata	Group Ex Studio	Brooke	
6:00 pm	Zumba®	Group Ex Studio	Pam	
6:05 pm	Yoga	Mind/Body Studio	Ellen	
Wednesday				
6:00 am	Tone	Group Ex. Studio	Kelly	2/8-No Class
8:00 am	CSF	Group Ex Studio	Katherine	2/1 - Meet in spin room; 2/8-Dawn
9:00 am	Cycle	Cycle Room	Beth	
9:00 am	Water Fitness	Pool	Rotating	Feb 11-26 - Pool closed for maintenance
10:05 am	Silver Sneakers Classic	Group Ex Studio	Charis	2/1-No Class
10:00 am	Water Fitness	Pool	Mona	Feb 11-26 - Pool closed for maintenance
4:30 pm	TRX	TRX room	Brooke	2/1 - Meet in spin room
5:15 pm	Shred	Group Ex Studio	Brooke	2/1 - Meet in spin room
5:30 pm	Aqua Zumba	Pool	Pam	
5:30 pm	Yoga	Mind/Body Studio	Ellen	
Thursday				
5:15 am	HIIT and Sculpt	Group Ex Studio	Brooke	
9:00 am	Cardio & Core	Group Ex Studio	Dawn	2/2 - Meet in Mind-Body Studio
9:00 am	Deep Water Fitness	Pool	Lisa	Feb 11-26 - Pool closed for maintenance
9:00 am	Pickleball	Gym-back courts	Member- led	
10:15 am	Walking Club	Gym	Member- led	
10:30 am	Gentle Yoga	Mind Body Studio	Gail	
10:00am	Water Fitness	Pool-indoor	Mona	Feb 11-26 - Pool closed for maintenance
12:00pm	Restorative Yoga	Mind/Body Studio	Gail	
4:30 pm	Cardio HIIT	GroupEx Studio	Stephanie	
5:05 pm	Les Mills - Body Pump™	Group Ex Studio	Stephanie	
6:00 pm	Zumba Toning®	Group Ex Studio	Pam	

Please see other side of the schedule for additional classes. Comments/Questions: Stephanie@lexingtonymca.com

Friday				
6:00 am	HIIT Boot Camp	Group Ex Studio	Madison	
8:00 am	CSF	Group Ex Studio	Katherine	2/10-Dawn
9:00 am	BARRE	Mind Body Studio	Stephanie	2/3-Jen
9:00 am	Metabolic Effect	Group Ex Studio	Dawn	
9:00 am	Deep Water Fitness	Pool	Lisa	Feb 11-26 - Pool closed for maintenance
9:00 am	Pickleball	Gym-back court	Member- led	
10:00 am	Senior Fit 	Group Ex Studio	Beth	
10:00 am	Water Fitness 	Pool	Mona	Feb 11-26 - Pool closed for maintenance
Saturday				
9:00 am	Saturday Sizzler	Group Ex Studio or Cycle Studio	Rotates	2/4-Spin & Yoga/Pilates; 2/11-Grit and Body Pump; 2/18-Athletic Grit & (9:40) Yoga; 2/25-Spin
10:00 am	Water Aerobics 	Pool	Rotates	Feb 11-26 - Pool closed for maintenance
Sunday				
2:00 pm	Cardio/Strength/Core Combo	Group Ex Studio	Rotates	Whitney- 2/18 Kelly-2/5-, 2/12, 2/25

*****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.**

CLASSES ADDED TO SCHEDULE FOR FEBRUARY

* Tuesday – Yoga at 6:05 pm – Ellen

* Tuesday and Wednesday –Tone at 6:00 am - Kelly

* Wednesday/Friday 9:00 am - 11:00 am – Pickleball: Pickleball combines many elements of tennis, badminton and ping-pong. It is a fun game that is easy to learn for beginners of all ages and the rules are simple. Gather some friends to play singles or doubles; or meet new players at a social drop-in session at the Y. The back half of the gym will be reserved for pickleball play during these scheduled times and play is available on a first come first serve basis.

* Thursday – 10:15 - Walking Club: Walking can often be a solitary athletic pursuit, but when you join a YMCA walking club, you join others who want to enjoy the motivation and encouragement of others. Drop in and attend this club as your schedule allows. All levels are welcome.

RULES

- Childwatch is open: Monday-Friday 8-1; Monday-Thursday 4-7; Saturday 9-11
- Participants are encouraged to bring a water bottle to class.
- Classes open to J. Smith Young YMCA members aged 12+ (age 11 with a parent) only.
- For the safety of all participants, please do not enter classes more than 5 minutes late

VIDEO LED CLASSES

Due to instructor shortage there will be classes that are led by a video in the Group Ex. Studio. We hate for you to miss your classes so our floor staff will have a video on the screen that focuses on the format that the class offers. We invite you to try this option.