

GROUP EXERCISE

J. Smith Young YMCA

July 2026

PLEASE REVIEW CAREFULLY- THERE ARE MANY SUMMER CHANGES

There will be no Group Exercises Classes on Friday, July 3rd or Saturday, July 4th!

Tuesday/ Thursday aquatic classes and Wednesday Aqua Zumba will be at 207 Forestrose Drive

Monday				
Time	Class	Location	Instructor	
8:00 am	CSF	Group Ex Studio	Dawn	
9:00 am	Full Body Shred	Group Ex Studio	Dawn	
9:00 am	Water Fitness 	Indoor Pool	Kathy	7.6 TBD
9:00 am	Pickleball	Gym-back courts	member-led	
10:00 am	Water Fitness 	Indoor Pool	Lorene	
10:15 am	Silver Sneakers Classic 	Event Center	Kathy	7.6 Beth
12:05 pm	Power Cut	Group Ex Studio	Tiffany	7.6 Canceled
1:00 pm	Line Dancing 	Group Ex Studio	Sharon	
5:05pm	Body Pump	Group Ex Studio	Heather	7.13 Stephanie
6:00 pm	Mixxed Fit	Group Ex Studio	Artina	7.27 Zumba with Pam
Tuesday				
5:15 am	TRX/Strength Stations	TRX room	Brooke	
9:00 am	Barre-strength	Group Ex Studio	Stephanie	
9:00 am	Deep Water Fitness	OUTDOOR POOL	TBD	
10:00 am	Water Fitness 	OUTDOOR POOL	Kathy	
10:00 am	Silver Sneakers Classic 	Event Center	Shannon	7.14 Beth
11:00am	Chair Yoga 	Event Center	Allen	
1:00 pm	Line Dancing 	Group Ex Studio	Sharon	
6:00 pm	Zumba®	Group Ex Studio	Pam	7.7 Barbi
Wednesday				
5:30 am	Cycle	Cycle room	Brooke	
8:00 am	CSF	Group Ex Studio	Dawn	
9:00 am	Core and Stretch	Mind and Body Studio	Dawn	
9:00 am	Cycle	Cycle room	Beth	
9:00 am	Pickleball	Gym back-courts	member-led	
9:00 am	Water Fitness 	Indoor pool	Kathy	
9:05 am	Y Grit	Group Ex Studio	Stephanie and Nicole	
10:05 am	Silver Sneakers BOOM MUSCLE 	Event Center	Beth	
10:00 am	Water Fitness 	Indoor Pool	Kathy	7.1 TBD
5:30 pm	Aqua Zumba 	OUTDOOR POOL	Pam/ Barbi	
5:30 pm	Yoga- Deep Stretch and Restore	Mind/Body Studio	Ellen	7.1 Tomas 7.8 Tomas

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

Thursday				
5:15 am	Bootcamp	Outdoors/Basketball Gym	Brooke	
9:00 am	Deep Water Fitness	OUTDOOR POOL	TBD	
9:00am	Pilates/Core Cardio	Mind Body/ Group Ex	Rotates	7.2 Pilates with Maddie 7.9 Core Cardio with Nicole 7.16 Core Cardio with Nicole 7.23 Pilates with Maddie 7.30 Pilates with Maddie
10:00 am	Silver Sneakers Classic 	Event Center	Kimberly	7.2 Beth
10:00 am	Intro to Water Fitness 	OUTDOOR POOL	Kathy	7.2 Hadley
11:30 am	Chair Strength	Event Center		7.2 Shannon 7.9 Kimberly 7.16 Kimberly 7.23 Kimberly 7.30 Kimberly
5:05 pm	Les Mills - Body Pump™	Group Ex Studio	Heather	
6:00 pm	Zumba Toning®	Group Ex Studio	Pam	7.2 Barbi
6:00 pm	Yoga	Mind and Body Studio	Danielle	
Friday				
NO CLASSES 7.3				
5:30am	Sculpt/Strength	Group Ex Studio	Brooke	7.10 Canceled
7:30am	Alignment Yoga	Mind and Body Studio	Tomas	**NEW CLASS
8:00 am	CSF	Group Ex Studio	Dawn	
9:00 am	Full Body Shred	Group Ex Studio	Dawn	
9:00 am	Pilates/HIIT	Mind & Body Studio	Stephanie	7.17 Nicole
9:00 am	Deep Water Fitness	Indoor Pool	TBD	
9:00 am	Pickleball	Gym-back court	member-led	
10:00 am	Silver Sneakers BOOM MUSCLE 	Event Center	Beth	7.17 Genevieve
10:00 am	Water Fitness 	Indoor Pool	Kathy	
Saturday				
9:15 am	Saturday Sizzler	Group Ex Studio	Rotates	7.4 NO CLASS 7.11 Body Pump with Heather 7.18 Yoga/Pilates with Whitney 7.25 Body Pump with Heather
10:00 am	Senior Fit	Event Center	Allen	**NEW CLASS** 7.4 NO CLASS
10:00 am	Water Aerobics 	Indoor Pool	Rotates	7.4 NO CLASS 7.11 Water fitness with Lorene 7.18 Aqua Zumba with Pam 7.25 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.

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

