






GROUP EXERCISE

J. Smith Young YMCA
July 2025

YMCA CLOSED FRIDAY, JULY 4th

Monday				
Time	Class	Location	Instructor	Notes
8:00 am	CSF	Group Ex Studio	Dawn	
9:00 am	Les Mills- Body Pump	Group Ex Studio	Stephanie	
9:00 am	Water Fitness 	Indoor Pool	Kathy	
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	
12:05 pm	Power Cut	Group Ex Studio	Tiffany	
1:00 pm	Line Dancing 	Group Ex Studio	Sharon	7.21 Cancelled
5:05 pm	Les Mills - Body Pump™	Group Ex Studio	Stephanie	
6:00pm	Cycle	Cycle Studio	Ashley	7.7 Beth
Tuesday				
5:15 am	TRX/Strength Stations	TRX room	Brooke	
9:00 am	Barre-strength	Group Exercise Studio	Stephanie	
9:00 am	Deep Water Fitness	Outdoor Pool	Lisa	7.8 Instructor TBD
10:00 am	Water Fitness 	Outdoor Pool	Kathy	
10:00 am	Silver Sneakers Classic 	Event Center	Shannon	7.8 Beth
11:00am	Chair Yoga 	Event Center	Whitney	
12:00 pm	Pilates	Mind Body Studio	Whitney	
1:00 pm	Line Dancing 	Group Ex Studio	Sharon	7.22 Cancelled
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	7.9 Cancelled
8:00 am	CSF	Group Ex Studio	Dawn	
9:00 am	Cycle	Cycle room	Beth	7.23 & 7.30 Allen
9:00 am	Pickleball	Gym back-courts	member-led	
9:00 am	Water Fitness 	Indoor pool	Kathy	
10:05 am	Silver Sneakers BOOM MUSCLE 	Event Center	Beth	7.23 Kathy 7.30 cancelled
10:00 am	Water Fitness 	Indoor Pool	Lorene	
4:30 pm	Yoga Strong with Weights	Mind/Body Studio	Ellen	
5:30 pm	Aqua Zumba 	Outdoor Pool	Pam	
5:30 pm	Yoga- Deep Stretch and Restore	Mind/Body Studio	Ellen	

Thursday				
5:15 am	Strength & Sculp Bootcamp (outside)	Group Ex Studio	Brooke	7.10 Caroline
9:00 am	Cardio & Core	Group Ex Studio	Dawn	7.3 cancelled 7.31 Stephanie
9:00 am	Deep Water Fitness	Outdoor Pool	Lisa	7.10 Instructor TBD
10:00 am	Silver Sneakers Classic 	Event Center	Kimberly	
10:00am	Water Fitness 	Outdoor Pool	Kathy	
10:00 am	Gentle Yoga	Mind Body Studio	Whitney	
11:15 am	Chair One	Event Center	Whitney	
12:00 pm	Zumba	Group Ex Studio	Nia	
5:05 pm	Les Mills - Body Pump™	Group Ex Studio	Stephanie	7.17 Video Led
6:00 pm	Zumba Toning®	Group Ex Studio	Pam	7.3 Cancelled 7.31 Nia
Friday				
NO CLASSES JULY 4th				
5:30am	Cardio & Strength	Group Ex Studio	Brooke	7.11 Cancelled
8:00 am	CSF	Group Ex Studio	Dawn	
9:00 am	BARRE-cardio	Group Exercise Studio	Stephanie	7.18 cancelled
9:00 am	Deep Water Fitness	Indoor Pool	Lisa	7.11 Instructor TBD
9:00 am	Pickleball	Gym-back court	member-led	
10:00 am	Silver Sneakers BOOM MUSCLE 	Event Center	Beth	7.25 Kathy
10:00 am	Water Fitness 	Indoor Pool	Lorene	
8:00am	Cycle	Cycle Studio	Brooke	7.12 Cancelled
9:15 am	Saturday Sizzler	Group Ex Studio/ Mind and Body Studio	Rotates	7.5 BodyPump with Stephanie 7.12 Yoga/Pilates with Whitney 7.19 Yoga/Pilates with Whitney 7.26 BodyPump with Stephanie
10:00 am	Water Aerobics 	Indoor Pool	Rotates	7.5 Water Fit with Kathy 7.12 Aqua Zumba with Pam 7.19 Water Fitness with Lorene 7.26 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)

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

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

