

GROUP EXERCISE










J. Smith Young YMCA




June 2026

PLEASE REVIEW CAREFULLY- THERE ARE MANY SUMMER CHANGES

There will be no Group Exercises Classes on Friday, June 19th in honor of Juneteenth.

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/ Evelina	6.1, 6.22, 6.29 Lorene 6.8, 6.15 Kathy
9:00 am	Pickleball	Gym-back courts	member-led	
10:00 am	Water Fitness 	Indoor Pool	Rotates	6.1 Lisa 6.8, 6.15, 6.22, 6.29 TBD
10:15 am	Silver Sneakers Classic 	Event Center	Kathy	6.1 Beth
12:05 pm	Power Cut	Group Ex Studio	Tiffany	
1:00 pm	Line Dancing 	Group Ex Studio	Sharon	
5:05pm	Body Pump	Group Ex Studio	Heather	6.15 Stephanie
6:00 pm	Mixed Fit	Group Ex Studio	Artina	6.15 Cancelled
Tuesday				
5:15 am	TRX/Strength Stations	TRX room	Brooke	6.9 Cancelled
9:00 am	Barre-strength	Mind & Body Studio	Stephanie	
9:00 am	Deep Water Fitness	OUTDOOR POOL	Lisa	
10:00 am	Water Fitness 	OUTDOOR POOL	Rotates	6.2 Lisa 6.9, 6.16 Kathy 6.23, 6.30 TBD
10:00 am	Silver Sneakers Classic 	Event Center	Shannon	6.16 TBD
11:00am	Chair Yoga 	Event Center	Allen	
1:00 pm	Line Dancing 	Group Ex Studio	Sharon	
6:00 pm	Zumba®	Group Ex Studio	Pam	
Wednesday				
5:30 am	Cycle	Cycle room	Brooke	6.10 Video Led
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	6.17 Allen 6.24 Allen
9:00 am	Pickleball	Gym back-courts	member-led	
9:00 am	Water Fitness 	Indoor pool	Kathy/ Lorene	6.3, 6.24 Lorene 6.10, 6.17 Kathy
9:05 am	Y Grit	Group Ex Studio	Stephanie and Nicole	

10:05 am	Silver Sneakers BOOM MUSCLE 	Event Center	Beth	6.17 Genevieve 6.24 TBD
10:00 am	Water Fitness 	Indoor Pool	Rotates	6.3 Lisa 6.10, 6.17, 6.24 TBD
5:30 pm	Aqua Zumba 	OUTDOOR POOL	Pam	
5:30 pm	Yoga- Deep Stretch and Restore	Mind/Body Studio	Ellen	

Thursday				
5:15 am	Bootcamp	Outdoors/Basketball Gym	Brooke	
9:00 am	Deep Water Fitness	OUTDOOR POOL	Lisa	
9:00am	Pilates/Core Cardio	Mind Body/ Group Ex	Rotates	6.4 Core Cardio with Nicole 6.11 Pilates with Stephanie 6.18 Core Cardio with Nicole 6.25 Mat Pilates with Maddie
10:00 am	Silver Sneakers Classic 	Event Center	Kimberly	6.4 Beth 6.25 Genevieve
10:00 am	Intro to Water Fitness 	OUTDOOR POOL	Rotates	6.4 Lisa 6.10, 6.17 Kathy 6.25 TBD
11:30 am	Chair Strength	Event Center		6.4 Genevieve 6.11 TBD 6.18 TBD 6.25 Shannon
5:05 pm	Les Mills - Body Pump™	Group Ex Studio	Heather	6.11 Stephanie
6:00 pm	Zumba Toning®	Group Ex Studio	Pam	6.11 Barbi
6:00 pm	Yoga	Mind and Body Studio	Danielle	
Friday				
NO CLASSES 6.19				
5:30am	Sculpt/Strength	Group Ex Studio	Brooke	6.5 Cancelled
8:00 am	CSF	Group Ex Studio	Dawn	
9:00 am	Full Body Shred	Group Ex Studio	Dawn	
9:00 am	Pilates/Cardio	Mind & Body Studio	Stephanie	
9:00 am	Deep Water Fitness	Indoor Pool	Lisa	
9:00 am	Pickleball	Gym-back court	member-led	
10:00 am	Silver Sneakers BOOM MUSCLE 	Event Center	Beth	6.26 Allen
10:00 am	Water Fitness 	Indoor Pool	Lisa	
Saturday				
9:15 am	Saturday Sizzler	Group Ex Studio	Rotates	6.6 BodyPump with Heather 6.13 Yoga/Pilates with Whitney 6.20 Kickboxing with Nicole 6.27 Mixed Fit with Artina
10:00 am	Water Aerobics 	Indoor Pool	Rotates	6.6 Aqua Zumba with Pam 6.13 Water Fitness with Lorene 6.20 Aqua Zumba with Pam 6.27 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

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

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.