


















GROUP EXERCISE

J. Smith Young YMCA
March 2024

Monday				
Time	Class	Location	Instructor	Notes
8:00 am	CSF	Group Ex Studio	Katherine	
9:00 am	Y fit (lower body)	Group Ex Studio	Dawn	
9:00 am	Water Fitness 	Pool-indoor	Kathy	3.11 Lorene
10:00 am	Water Fitness 	Pool	Mona	
10:15 am	Silver Sneakers Classic 	Event Center	Kathy	**NEW LOCATION AND TIME** 3.11 Shannon
12:05 pm	Power Cut	Group Ex Studio	Tiffany	
1:00 pm	Line Dancing 	Group Ex Studio	Sharon	
4:30pm	Tabata	Group Ex Studio	Stephanie	
5:05 pm	Les Mills - Body Pump™	Group Ex Studio	Stephanie / Tracie	3.21 Heather
6:00 pm	Cycle	Cycle room	Dee	3.21 Mark
Tuesday				
5:15 am	TRX/EMOM	TRX room	Brooke	
9:00 am	Barre-strength	Mind Body Studio	Stephanie	
9:00 am	Y fit (upper body)	Group Ex Studio	Dawn	
9:00 am	Pickleball	Gym-back courts	member -led	
9:00 am	Deep Water Fitness	Pool	Evelina	
10:00 am	Water Fitness 	Pool	Kathy	3.12 Lorene
10:00 am	Silver Sneakers Classic 	Event Center	Shannon	**NEW LOCATION** 3.14 Allen
11:00am	Chair Yoga 	Event Center	Whitney	
12:00 pm	Pilates	Mind Body Studio	Whitney	
1:00 pm	Line Dancing 	Group Ex Studio	Sharon	
4:30pm	Tabata Sculpt	Group Ex Studio	Brooke	New Day
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	
9:00 am	Cycle	Cycle room	Beth	
9:00 am	Water Fitness 	Pool	Kathy	
10:05 am	Silver Sneakers Classic 	Event Center	Beth	
10:00 am	Water Fitness 	Pool	Mona	
4:30 pm	Yoga Strong with Weights	Mind/Body Studio	Ellen	New Class
5:30 pm	Aqua Zumba 	Pool	Pam	
5:30 pm	Yoga- Deep Stretch and Restore	Mind/Body Studio	Ellen	
Thursday				
5:15 am	HIIT and Sculpt	Group Ex Studio	Brooke	
9:00 am	Cardio & Core	Group Ex Studio	Dawn	
9:00 am	Deep Water Fitness	Pool	Evelina	
9:00 am	Pickleball	Gym-back courts	member-led	

10:00am	Water Fitness 	Pool-indoor	Mona	
10:00 am	Gentle Yoga	Mind Body Studio	Whitney	
11:15 am	Chair One	Event Center	Whitney	
5:05 pm	Les Mills - Body Pump™	Group Ex Studio	Stephanie	3.28 Heather
6:00 pm	Zumba Toning®	Group Ex Studio	Pam	
6:00 pm	Cycle	Cycle room	Dee	3.14 NO CLASS 3.21 Mark 3.28 NO CLASS
Friday				
5:30 am	Cardio & Strength	Group Ex Studio	Kelly	
8:00 am	CSF	Group Ex Studio	Katherine	
9:00 am	BARRE-cardio	Mind Body Studio	Stephanie	3.29 NO CLASS
9:00 am	MetCon	Group Ex Studio	Dawn	
9:00 am	Deep Water Fitness	Pool	Evelina	
9:00 am	Pickleball	Gym-back court	member-led	
10:00 am	Silver Sneakers BOOM MUSCLE 	Event Center	Beth	
11:00 am	Intro to Silver Sneakers 	EVENT CENTER	Shannon	****MARCH ONLY****
10:00 am	Water Fitness 	Pool	Mona	
Saturday				
8:00 am	Cycle	Cycle room	Dee	3.2 Dee 3.9 Dee 3.16 NO CLASS 3.23 Mark 3.30 Brooke
9:00 am	Saturday Sizzler	Group Ex Studio		3.2 Bootcamp with Stephanie 3.9 Yoga and Pilates with Whitney 3.16 Bootcamp with Caroline 3.23 GRIT with Heather 3.30 Bootcamp with Caroline
10:00 am	Water Aerobics 	Pool		3.2 Aqua Zumba with Pam 3.9 Water fitness with Lorene 3.16 Aqua Zumba with Pam 3.23 Water fitness with Lorene 3.30 Aqua Zumba with Pam
Sunday				
2:00 pm	Sunday Power Hour	Group Ex Studio		3.3 Yoga and Pilates with Whitney 3.10 Cardio and Strength with Kelly 3.17 Yoga and Pilates with Whitney 3.24 Cardio and Strength with Kelly 3.31 YMCA CLOSED

*****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.**

Holiday Schedule Changes:
Friday, March 29th- No Childwatch
Saturday, March 30th- No Childwatch
Sunday, March 30th, YMCA Closed

RULES

- Childwatch is open: Monday-Friday 8-1; Monday-Thursday 4-7; Saturday 9-11
- Participants are encouraged to bring a FULL water bottle to class.
- Classes open to J. Smith Young YMCA members aged 12+ (age 11 with a parent) only.

Due to the safety of class participants, please do not enter class if you are 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.

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

