FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

J. Smith Young YMCA

November 2026

No Group Ex Nov 26th, 27th, or 28th.

Time	Class	Location	Instructor	
Monday				
8:00 am	CSF	Group Ex Studio	Katherine	
9:00 am	Y fit (upper body)	Group Ex Studio	Dawn	
9:00 am	Water Fitness	Indoor Pool	Kathy	
9:00 am	Pickleball	Gym-back courts	member-led	
10:00 am	Water Fitness	Indoor Pool	Evelina	
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	
5:05pm	Body Pump	Group Ex Studio	Heather	
6:00 pm	Mixxed Fit	Group Ex Studio	Artina	
Tuesday				
5:15 am	TRX/Strength Stations	TRX room	Brooke	
5:30 am	Hybrid Race Training	Gym back-courts	Caroline	**NEW TIME**
9:00 am	Barre-strength	Mind and Body Studio	Stephanie	
9:00 am	Y Fit (lower body)	Group Ex Studio	Dawn	
9:00 am	Deep Water Fitness	Indoor Pool	Evelina	
9:00 am	Volleyball	Gym-front courts	member-led	
10:00 am	Water Fitness	Indoor Pool	Kathy	
10:00 am	Silver Sneakers Classic	Event Center	Shannon	**11.10 Evelina**
11:00am	Chair Yoga	Event Center	Allen	**11.10 Evenlina**
1:00 pm	Line Dancing	Group Ex Studio	Sharon	
6:00 pm	Zumba®	Group Ex Studio	Pam	**11.10 Barbi**
6:00 pm	Pilates/ Barre Fusion	Mind and Body Studio	Caroline	**11.17 Maddie**
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	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	Evelina	
11:00 am	Zumba Gold	Event Center	Sam	
5:30 pm	Aqua Zumba	Indoor Pool	Pam	
5:30 pm	Yoga- Vin to Yin	Mind/Body Studio	Ellen	**11.4 Danielle**

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	Indoor Pool	Evelina	
9:00am	Full Body Shred	Group Exercise Studio	Dawn	
9:00 am	Pilates/ Barre	Mind and Body Studio	Maddie/Stephanie	**11.5 Maddie** **11.12 Maddie** **11.19 Stephanie** **11.26 Stephanie**
9:00 am	Volleyball	Gym-front courts	member-led	
10:00 am	Silver Sneakers Classic	Event Center	Shannon	
10:00 am	Intro to Water Fitness	Indoor Pool	Evelina	
11:30 am	Chair Strength	Event Center	Evelina	
5:05 pm	Les Mills - Body Pump™	Group Ex Studio	Heather	
6:00 pm	Zumba Toning®	Group Ex Studio	Pam	
6:00 pm	Yoga	Mind and Body Studio	Danielle	
Friday				
5:30am	Sculpt/Strength	Group Ex Studio	Brooke	
8:00 am	CSF	Group Ex Studio	Katherine	
9:00 am	Core and Cardio	Mind and Body Studio	Dawn	
9:00 am	Mat Pilates Fusion	Group Ex Studio	Stephanie	**11.6 Maddie**
9:00 am	Deep Water Fitness	Indoor Pool	Evelina	
9:00 am	Pickleball	Gym-back court	member-led	
10:00 am	Silver Sneakers BOOM MUSCLE	Event Center	Beth	
10:00 am	Water Fitness	Indoor Pool	Evelina	
12:00 pm	Silver Sneakers Classic	Event Center	Kimberly	
Saturday				
9:15 am	Saturday Sizzler	Group Ex Studio	Rotates	**11.7** Body Pump with Heather **11.14** Yoga/Pilates with Whitney **11.21** Body Pump with Heather **11.28 NO GROUP EX**
10:00 am	Senior Fit	Event Center	Allen	**11.14 Cancelled** **11.28 NO GROUP EX**
10:00 am	Water Aerobics	Indoor Pool	Rotates	**11.7 Aqua Zumba with Pam** **11.14 Water Fitness with Lorene** **11.21 Aqua Zumba with Pam** **11.28 NO GROUP EX**

*****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**

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