



GROUP EXERCISE





J. Smith Young YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

October 2023

Monday				
Time	Class	Location	Instructor	
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	
10:00 am	Water Fitness 	Pool	Mona	
10:05 am	Silver Sneakers Classic 	Group Ex Studio	Kathy	
12:05 pm	Power Cut	Group Ex Studio	Tiffany	No Class 10.23
1:00 pm	Line Dancing 	Group Ex Studio	Sharon	
4:05 pm	BARRE-cardio	Group Ex Studio	Stephanie	
5:05 pm	Les Mills - Body Pump™	Group Ex Studio	Stephanie / Tracie	
6:00 pm	Cycle	Cycle room	Dee	
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	Lisa	
10:00 am	Water Fitness 	Pool	Kathy	
10:00 am	SS Circuit/Cardio 	Group Ex studio	Audric	
11:00am	Chair Yoga 	Group Ex Studio	Whitney	No Class 10.10
12:00 pm	Pilates	Mind Body Studio	Whitney	No Class 10.10
1:00 pm	Line Dancing 	Group Ex Studio	Sharon	
5:30 pm	Yoga	Mind/Body Studio	Ellen	
6:00 pm	Zumba®	Group Ex Studio	Pam	No Class 10.31
Wednesday				
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 	Group Ex Studio	Beth	
10:00 am	Water Fitness 	Pool	Mona	
4:30 pm	Tabata	Group Ex Studio	Brooke	
5:30 pm	Aqua Zumba 	Pool	Pam	
5:30 pm	Yoga	Mind/Body Studio	Ellen	

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

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	Lisa	
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	***New Class
11:00 am	Chair Yoga	Group Ex Studio	Whitney	***New Class
4:30 pm	GRIT	GroupEx Studio	Heather	Tracie- Sub 10.19
5:05 pm	Les Mills - Body Pump™	Group Ex Studio	Heather	Tracie- Sub 10.19
6:00 pm	Zumba Toning®	Group Ex Studio	Pam	
6:00 pm	Cycle	Cycle room	Dee	
Friday				
5:30 am	Cardio & Strength	Group Ex Studio	Kelly	***New Class
8:00 am	CSF	Group Ex Studio	Katherine	
9:00 am	BARRE-cardio	Mind Body Studio	Stephanie	
9:00 am	MetCon	Group Ex Studio	Dawn	
9:00 am	Deep Water Fitness	Pool	Lisa	
9:00 am	Pickleball	Gym-back court	member-led	
10:00 am	Senior Fit 	Group Ex Studio	Beth	
10:00 am	Water Fitness 	Pool	Mona	
Saturday				
8:00 am	Cycle	Cycle room	Dee	NO CLASS - 10/28 YMCA Closed For Hawg Run
9:00 am	Saturday Sizzler	Group Ex Studio		10/7 Zumba with Pam 10/14 Cardio with Heather 10/21 Pilates with Whitney NO CLASS - 10/28 YMCA Closed For Hawg Run
10:00 am	Water Aerobics 	Pool	Rotates	

*****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.**

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, no entry into class if you are 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.