

**GROUP EXERCISE**

**J. Smith Young YMCA**

**October 2025**

**The YMCA will be closed Saturday, 10.25- Join us for the HAWG RUN!**

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| --- | --- | --- | --- | --- |
| **Monday** | | | | |
| **Time** | **Class** | **Location** | **Instructor** | **Notes** |
| 8:00 am | CSF | Group Ex Studio | Katherine |  |
| 9:00 am | Y fit (upper body) | Group Ex Studio | Dawn |  |
| 9:00 am | Water FitnessC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Indoor Pool | Kathy |  |
| 9:00 am | Pickleball | Gym-back courts | member-led |  |
| 10:00 am | Water FitnessC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Indoor Pool | Evelina |  |
| 10:15 am | Silver Sneakers Classic https://lh5.googleusercontent.com/Ib-5TWMsdRXpeuaSTbiHlOJrhhItqQx9I-uWDWXlTfCZM6mvsjQEia0Gpz0wbSb3GH_6Kk5UPHtbbIOPU5v6rY9XXRAFt_o-5OpXPB4vTzVGNdfTC-5ZGRVRPUHSzYdfeF52eQVpJ_7eLAUeA6MiNA | Event Center | Kathy |  |
| 12:05 pm | Power Cut | Group Ex Studio | Tiffany |  |
| 1:00 pm | Line Dancinghttps://lh5.googleusercontent.com/Ib-5TWMsdRXpeuaSTbiHlOJrhhItqQx9I-uWDWXlTfCZM6mvsjQEia0Gpz0wbSb3GH_6Kk5UPHtbbIOPU5v6rY9XXRAFt_o-5OpXPB4vTzVGNdfTC-5ZGRVRPUHSzYdfeF52eQVpJ_7eLAUeA6MiNA | Group Ex Studio | Sharon |  |
| 5:05pm | Full Body Strength | Group Ex Studio | Nicole |  |
| 6:00 pm | Mixxed Fit | Group Ex Studio | Artina |  |
| **Tuesday** | | | | |
| 5:15 am | TRX/Strength Stations | TRX room | Brooke |  |
| 9:00 am | Barre-strength | Mind & Body Studio | Stephanie |  |
| 9:00 | Y fit (lower body) | Group Ex Studio | Dawn |  |
| 9:00 am | Deep Water Fitness | Indoor Pool | Evelina |  |
| 10:00 am | Water FitnessC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Indoor Pool | Kathy |  |
| 10:00 am | Silver Sneakers Classic https://lh5.googleusercontent.com/Ib-5TWMsdRXpeuaSTbiHlOJrhhItqQx9I-uWDWXlTfCZM6mvsjQEia0Gpz0wbSb3GH_6Kk5UPHtbbIOPU5v6rY9XXRAFt_o-5OpXPB4vTzVGNdfTC-5ZGRVRPUHSzYdfeF52eQVpJ_7eLAUeA6MiNA | Event Center | Shannon |  |
| 1:00 pm | Line DancingC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Group Ex Studio | Sharon |  |
| 5:30 pm | Yoga- Strong Slow Flow | Mind/Body Studio | Ellen |  |
| 6:00 pm | Zumba® | Group Ex Studio | Pam | **10.28- Glow Party 6:00-7:15pm** |
| **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 FitnessC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Indoor pool | Kathy |  |
| 10:05 am | Silver Sneakers BOOM MUSCLEhttps://lh5.googleusercontent.com/Ib-5TWMsdRXpeuaSTbiHlOJrhhItqQx9I-uWDWXlTfCZM6mvsjQEia0Gpz0wbSb3GH_6Kk5UPHtbbIOPU5v6rY9XXRAFt_o-5OpXPB4vTzVGNdfTC-5ZGRVRPUHSzYdfeF52eQVpJ_7eLAUeA6MiNA | Event Center | Beth |  |
| 10:00 am | Water Fitness C:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Indoor Pool | Evelina |  |
| 5:30 pm | Aqua Zumba C:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Indoor Pool | Pam | **October 1 cancelled** |
| 5:30 pm | Yoga- Deep Stretch and Restore | Mind/Body Studio | Ellen |  |

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| **Thursday** | | | | |
| 5:15 am | Cardio & Strength | Group Ex Studio | Brooke |  |
| 9:00 am | Cardio & Core | Group Ex Studio | Dawn |  |
| 9:00 am | Deep Water Fitness | Indoor Pool | Evelina |  |
| 10:00 am | Silver Sneakers ClassicC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Event Center | Kimberly | **10.9: Kathy**  **10.30: Kathy** |
| 10:00am | Intro to Water Fitness C:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Indoor Pool | Evelina |  |
| 5:05 pm | Les Mills - Body Pump™ | Group Ex Studio | Stephanie | **10.16 Nicole** |
| 6:00 pm | Zumba Toning® | Group Ex Studio | Pam |  |
| 6:00 pm | Yoga | Mind and Body Studio | Danielle | **NEW CLASS** |
| **Friday** | | | | |
| 5:30am | Sculpt | Group Ex Studio | Brooke |  |
| 8:00 am | CSF | Group Ex Studio | Katherine |  |
| 9:00 am | BARRE-cardio | Mind & Body Studio | Stephanie | **10.17 Nicole** |
| 9:00 am | Full Body Shred | Group Ex Studio | Dawn |  |
| 9:00 am | Deep Water Fitness | Indoor Pool | Lisa |  |
| 9:00 am | Pickleball | Gym-back court | member-led |  |
| 10:00 am | Silver Sneakers BOOM MUSCLEhttps://lh5.googleusercontent.com/Ib-5TWMsdRXpeuaSTbiHlOJrhhItqQx9I-uWDWXlTfCZM6mvsjQEia0Gpz0wbSb3GH_6Kk5UPHtbbIOPU5v6rY9XXRAFt_o-5OpXPB4vTzVGNdfTC-5ZGRVRPUHSzYdfeF52eQVpJ_7eLAUeA6MiNA | Event Center | Beth |  |
| 10:00 am | Water FitnessC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Indoor Pool | Evelina |  |
| **Saturday** | | | | |
| 8:00am | Cycle | Cycle Studio | Brooke | **10.18- Cancelled** |
| 9:15 am | Saturday Sizzler | Group Ex Studio/ Mind and Body Studio | Rotates | **10.4 Body Pump with Stephanie**  **10.11 Yoga/Pilates with Whitney**  **10.18 Bootcamp with Nicole** |
| 10:00 am | Water AerobicsC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Indoor Pool | Rotates | **10.4 Water Fitness with Lorene**  **10.11 Aqua Zumba with Pam**  **10.18 Water Fitness with Lorene** |

**\*\*\*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**.

**ADDED CLASSES: MONDAY 6:00pm- MIXXED FIT**

**Thursday 6:00pm- Yoga**

**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.

**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