


MARK YOUR CALENDAR
GROUP EXPO-SATURDAY, OCTOBER 1 9-12:00
COME AND EXPERIENCE ALL THE CLASSES THE Y HAS TO OFFER.

Monday NO CLASSES—SEPTEMBER 5				
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	Rotates	Please check board outside of pool area
10:00 am	Water Fitness 	Pool	Rotates	for any changes with water fitness
10:05 am	Silver Sneakers Classic 	Group Ex Studio	Kathy	
12:05 pm	Power Cut	Group Ex Studio	Tiffany	9/26-Heather
1:00 pm	Line Dancing 	Group Ex Studio	Sharon	9/19-No Class
4:30 pm	Pure Cardio	Group Ex Studio	Tracie/Stephanie	
5:05 pm	Les Mills - Body Pump™	Group Ex Studio	Tracie/Stephanie	
6:00 pm	Cycle	Cycle room	Ashley	
Tuesday				
5:15 am	TRX/EMOM	TRX room	Brooke	
6:00 am	Les Mills - Body Pump™	Group Ex. Studio	Anna	
9:00 am	Barre	Mind Body Studio	Stephanie	9/13-Jen
9:00 am	Y fit (upper body)	Group Ex Studio	Dawn	
9:00 am	Deep Water Fitness	Pool	Lisa	Please check board outside pool for any
10:00 am	Water Fitness 	Pool	Kathy	changes with water fitness
10:00 am	SS Circuit/Cardio 	Group Ex studio	Charis	9/13-Dawn
11:00am	Chair Yoga 	Group Ex Studio	Whitney	
12:00 pm	Pilates	Mind Body Studio	Whitney	
1:00 pm	Line Dancing 	Group Ex Studio	Sharon	9/20-No Class
4:30 pm	Tabata	Group Ex Studio	Brooke	
5:30 pm	Sprint™	Cycle	Heather	9/20-Mark
6:00 pm	Zumba®	Group Ex Studio	Pam	9/20-Barbi
Wednesday				
6:00 am	HIIT Boot Camp	Group Ex Studio	Madison	
8:00 am	CSF	Group Ex Studio	Katherine	9/7-Dawn
9:00 am	Cardio & Core	Group Ex Studio	Dawn	
9:00 am	Cycle	Cycle Room	Beth	
9:00 am	Water Fitness 	Pool	Rotates	
10:05 am	Silver Sneakers Classic 	Group Ex Studio	Charis	
10:00 am	Water Fitness 	Pool	Mona	
4:30 pm	TRX	TRX room	Brooke	
5:15 pm	Shred	Group Ex Studio	Brooke	
5:30 pm	Aqua Zumba 	Pool	Pam	
5:30 pm	Yoga	Mind/Body Studio	Ellen	
Thursday				
5:15 am	HIIT and Sculpt	Group Ex Studio	Brooke	
6:00 am	Les Mills - Body Pump™	Group Ex Studio	Anna	
9:00 am	Deep Water Fitness	Pool	Lisa	
10:30 am	Gentle Yoga (new time)	Mind Body Studio	Gail	

10:00am	Water Fitness 	Pool-indoor	Rotates	
12:00pm	Restorative Yoga	Mind/Body Studio	Gail	

4:30 pm	Grit™	GroupEx Studio	Heather	9/22-Stephanie
5:05 pm	Les Mills - Body Pump™	Group Ex Studio	Heather	9/22-Stephanie
6:00 pm	Zumba Toning®	Group Ex Studio	Pam	9/1- No Class 9/22 Barbi
Friday				
6:00 am	HIIT Boot Camp	Group Ex Studio	Madison	
8:00 am	CSF	Group Ex Studio	Katherine	9/2-Dawn
9:00 am	BARRE	Mind Body Studio	Stephanie	9/16-Heather
9:00 am	TRX	TRX Room	Beth	New Class
9:00 am	Metabolic Effect	Group Ex Studio	Dawn	
9:00 am	Deep Water Fitness	Pool	Lisa	
10:00 am	Senior Fit 	Group Ex Studio	Genevieve	
10:00 am	Water Fitness 	Pool	Mona	
Saturday				
9:00 am (new time)	Saturday Sizzler	Group Ex Studio	Heather	9/17 & 9/24-Kelly T.
10:00 am	Water Aerobics 	Pool	Check Calendar Online	

*****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.

CLASS TIME CHANGES:

Saturday Sizzler - 9:00am
Thursday - Gentle Yoga 10:30am

NEW CLASSES:

CSF with Katherine M, W, F at 8:00am
Cardio & Core on Wednesdays at 9:15am
TRX with Brooke on Wednesdays at 4:30pm
SHRED with Brooke on Wednesdays at 5:15pm
TRX with Beth on Fridays at 9:00am

CLASSES REMOVED FROM THE SCHEDULE:

Yoga - Mondays at 5:30pm
Powercut Wednesdays at 12:05pm

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: Stephanie@lexingtonymca.com