

GROUP EXERCISE

J. Smith Young YMCA

September 2026

**NO CLASSES SATURDAY, SEPTEMBER 5TH &
MONDAY, SEPTEMBER 7TH
NO FRIDAY AM YOGA**

Monday				NO CLASSES 9.7
Time	Class	Location	Instructor	
8:00 am	CSF	Group Ex Studio	Katherine	
9:00 am	Y fit (upper body)	Group Ex Studio	Dawn	9.21 Stephanie- Full body
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	9.28 Lorene
10:15 am	Silver Sneakers Classic 	Event Center	Kathy	
12:05 pm	Power Cut	Group Ex Studio	Tiffany	9.28 Video Led
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	
9:00 am	Barre-strength	Group Ex Studio	Stephanie	
9:00 am	Y Fit (lower body)	Group Ex Studio	Dawn	9.22 Video Led
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	
11:00am	Chair Yoga 	Event Center	Allen	
1:00 pm	Line Dancing 	Group Ex Studio	Sharon	
6:00 pm	Zumba®	Group Ex Studio	Pam	
6:00 pm	Mat Pilates	Mind and Body Studio	Maddie and Caroline	9.1 Caroline 9.8 Caroline 9.15 Maddie 9.22 TBD 9.29 TBD
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	

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

11:00 am	Zumba Gold 	Event Center	Sam	9.16 Cancelled
5:30 pm	Aqua Zumba 	Indoor Pool	Pam	9.9 Barbi
5:30 pm	Yoga- Deep Stretch and Restore	Mind/Body Studio	Ellen	

Thursday				
5:15 am	Bootcamp	Outdoors/Basketball Gym	Brooke	
9:00 am	Deep Water Fitness	Indoor Pool	Evelina	9.24 TBD
9:00am	Core and Cardio	Group Exercise Studio	Dawn	
9:00 am	Pilates	Mind and Body Studio	Maddie/Stephanie	9.3 Stephanie 9.10 Stephanie 9.17 Maddie 9.24 TBD
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	9.24 Kathy
11:30 am	Chair Strength 	Event Center	Evelina	9.24 Kimberly
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	Full Body Shred	Group Ex Studio	Dawn	9.18 Video Led
9:00 am	Pilates/HIIT	Mind & Body Studio	Stephanie	
9:00 am	Deep Water Fitness	Indoor Pool	Evelina	9.25 TBD
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	9.25 Kathy
12:00 pm	Silver Sneakers Classic 	Event Center	Kimberly	
Saturday				
9:15 am	Saturday Sizzler	Group Ex Studio	Rotates	9.5 No classes 9.12 Yoga/Pilates with Whitney 9.19 Mixxed Fit with Artina 9.26 Yoga/Pilates with Whitney
10:00 am	Senior Fit	Event Center	Allen	9.5 No classes
10:00 am	Water Aerobics 	Indoor Pool	Rotates	9.5 No classes 9.12 Aqua Zumba with Pam 9.19 Water Fitness with Lorene 9.26 Aqua Zumba with Pam

*****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