


# GROUP EXERCISE

J. Smith Young YMCA  
January 2024

Monday					NO CLASSES 1.20-MLK Holiday				
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 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	<b>1.27 Kimberly</b>					
12:05 pm	Power Cut	Group Ex Studio	Tiffany						
1:00 pm	Line Dancing 	Group Ex Studio	Sharon						
5:05 pm	Les Mills - Body Pump™	Group Ex Studio	Heather						
6:00pm	Cycle	Cycle Studio	Ashley						
Tuesday									
5:15 am	TRX/Strength Stations	TRX room	Brooke						
9:00 am	Barre-strength	Mind Body Studio	Stephanie						
9:00 am	Y fit (lower body)	Group Ex Studio	Dawn						
9:00 am	Deep Water Fitness	Indoor Pool	Evelina						
10:00 am	Water Fitness 	Indoor Pool	Kathy	<b>1.28 Lorene</b>					
10:00 am	Silver Sneakers Classic 	Event Center	Shannon						
11:00am	Chair Yoga 	Event Center	Whitney						
12:00 pm	Pilates	Mind Body Studio	Whitney						
1:00 pm	Line Dancing 	Group Ex Studio	Sharon						
5:30 pm	Yoga- Strong Slow Flow	Mind/Body Studio	Ellen						
6:00 pm	Zumba®	Group Ex Studio	Pam						
6:30 pm	High Fitness	Mind/Body Studio	Sara	<b>1.14- Canceled</b>					
Wednesday					No Classes 1.1				
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	<b>1.29 Lorene</b>					
10:05 am	Silver Sneakers BOOM MUSCLE 	Event Center	Beth						
10:00 am	Water Fitness 	Indoor Pool	Evelina						
4:30 pm	Yoga Strong with Weights	Mind/Body Studio	Ellen						
5:30 pm	Aqua Zumba 	Indoor Pool	Pam						
5:30 pm	Yoga- Deep Stretch and Restore	Mind/Body Studio	Ellen						
Thursday									
5:15 am	Strength and Sculpt	Group Ex Studio	Brooke						

9:00 am	Cardio & Core	Group Ex Studio	Dawn	
9:00 am	Deep Water Fitness	Indoor Pool	Evelina	<b>1.2 Lisa</b>
10:00 am	Silver Sneakers Classic 	Event Center	Kimberly	
10:00am	Water Fitness 	Indoor Pool	Evelina	<b>1.2 Lorene</b>
10:00 am	Gentle Yoga	Mind Body Studio	Whitney	
11:15 am	Chair One	Event Center	Whitney	
5:05 pm	Les Mills - Body Pump™	Group Ex Studio	Heather	
6:00 pm	Zumba Toning®	Group Ex Studio	Pam	
<b>Friday</b>				
5:30am	Cardio & Strength	Group Ex Studio	Brooke	
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	Indoor Pool	Lisa	<b>*Pool Closed 1.24, no class*</b>
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	<b>1.3 Lorene, *Pool Closed 1.24, no class*</b>
<b>Saturday</b>				
8:00am	Cycle	Cycle Studio	Brooke	
<b>9:15 am</b>	<b>Saturday Sizzler</b>	Group Ex Studio/ Mind and Body Studio	Rotates	<b>1.4: Yoga/Pilates with Whitney</b> (Mind and Body Studio) <b>1.11: Body Pump with Heather</b> (Group Ex Studio) <b>1.18: Yoga/Pilates with Whitney</b> (Mind and Body Studio) <b>1.25: High Fitness with Sara</b> (Mind and Body Studio) <b>**NEW TIME**</b>
10:00 am	Water Aerobics 	Indoor Pool	Rotates	<b>1.4 Aqua Zumba with Pam</b> <b>1.11 Water Fitness with Lorene</b> <b>1.18 Water Fitness with Pam</b> <b>1.25 Water Fitness with Lorene</b>

**\*\*\*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**

EBP 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.

**Better Balance-** January 8th, 2025- March 12, 2025- Every Wednesday 1-2pm

**Walk with Ease-** January 6th, 2025- February 14, 2025- MWF, 11:15-12:15 pm

**Tai Chi-** January 6th, 2025- February 26th, M,W- 9am-10am

Please see other side of the schedule for additional classes. Comments/Questions: [caroline@lexingtonymca.com](mailto:caroline@lexingtonymca.com)

