

**GROUP EXERCISE**

**J. Smith Young YMCA**

**June 2025**

**No Group Ex Classes Thursday, June 19th**

|  |  |  |  |  |
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| **Monday** | | | | |
| **Time** | **Class** | **Location** | **Instructor** | **Notes** |
| 8:00 am | CSF | Group Ex Studio | Dawn |  |
| 9:00 am | Les Mills- Body Pump | Group Ex Studio | Stephanie | **6.2 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 | Lorene |  |
| 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 |  |
| 5:05 pm | Les Mills - Body Pump™ | Group Ex Studio | Stephanie |  |
| 6:00pm | Cycle | Cycle Studio | Ashley |  |
| **Tuesday** | | | | |
| 5:15 am | TRX/Strength Stations | TRX room | Brooke |  |
| 9:00 am | Barre-strength | Group Exercise Studio | Stephanie |  |
| 9:00 am | Deep Water Fitness | Outdoor Pool | Lisa | **MOVED TO 207 FORESTROSE DR** |
| 10:00 am | Water FitnessC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Outdoor Pool | Kathy | **MOVED TO 207 FORESTROSE DR** |
| 10:00 am | Silver Sneakers Classic https://lh5.googleusercontent.com/Ib-5TWMsdRXpeuaSTbiHlOJrhhItqQx9I-uWDWXlTfCZM6mvsjQEia0Gpz0wbSb3GH_6Kk5UPHtbbIOPU5v6rY9XXRAFt_o-5OpXPB4vTzVGNdfTC-5ZGRVRPUHSzYdfeF52eQVpJ_7eLAUeA6MiNA | Event Center | Shannon | **6.15 TBD** |
| 11:00am | Chair YogaC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Event Center | Whitney | **6.10 Cancelled** |
| 12:00 pm | Pilates | Mind Body Studio | Whitney | **6.10 Cancelled** |
| 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 | **6.10 Cancelled** |
| 6:00 pm | Zumba® | Group Ex Studio | Pam |  |
| **Wednesday** | | | | |
| 5:30 am | Cycle | Cycle room | Brooke |  |
| 8:00 am | CSF | Group Ex Studio | Dawn |  |
| 9:00 am | Cycle | Cycle room | Beth | **6.18 Allen** |
| 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 | **6.18 Kathy** |
| 10:00 am | Water Fitness C:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Indoor Pool | Lorene | **6.4 Kathy** |
| 4:30 pm | Yoga Strong with Weights | Mind/Body Studio | Ellen | **6.11 Cancelled** |
| 5:30 pm | Aqua Zumba C:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Indoor Pool | Pam | **MOVED TO 207 FORESTROSE DR** |
| 5:30 pm | Yoga- Deep Stretch and Restore | Mind/Body Studio | Ellen | **6.11 Cancelled** |

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| **Thursday No classes 6.19** | | | | |
| 5:15 am | Strength & Sculp Bootcamp (outside) | Group Ex Studio | Brooke |  |
| 9:00 am | Cardio & Core | Group Ex Studio | Dawn |  |
| 9:00 am | Deep Water Fitness | Outdoor Pool | Lisa | **MOVED TO 207 FORESTROSE DR** |
| 10:00 am | Silver Sneakers ClassicC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Event Center | Kimberly | **6.5 Beth** |
| 10:00am | Water Fitness C:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Outdoor Pool | Kathy | **MOVED TO 207 FORESTROSE DR** |
| 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 | Stephanie |  |
| 6:00 pm | Zumba Toning® | Group Ex Studio | Pam |  |
| **Friday** | | | | |
| 5:30am | Cardio & Strength | Group Ex Studio | Brooke |  |
| 8:00 am | CSF | Group Ex Studio | Dawn |  |
| 9:00 am | BARRE-cardio | Group Exercise Studio | Stephanie |  |
| 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 | Lorene |  |
|  | | | | |
| 8:00am | Cycle | Cycle Studio | Brooke |  |
| 9:15 am | Saturday Sizzler | Group Ex Studio/ Mind and Body Studio | Rotates | **6.7 Zumba with Pam**  **6.14 Yoga/Pilates with Whitney**  **6.21 Body Pump with Stephanie**  **6.28 Yoga/ Pilates with Whitney** |
| 10:00 am | Water AerobicsC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Indoor Pool | Rotates | **6.7 Water Fitness with Lorene**  **6.14 Aqua Zumba with Pam**  **6.21Water Fitness with Lorene**  **6.28 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.

**Better Balance with Kelly D**

July 2 - August 27 (8 sessions)

Wednesdays at 1pm in the Group Ex Studio, $10 members/$15 non-members

**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