



# GROUP EXERCISE

J. Smith Young YMCA

November 2024






**\*\*\*Thanksgiving Holiday: No classes 11.28 or 11.29 (Specialty Classes 11.29 - Turkey Burn!)**

**Friday 11.29 Turkey Burn - Spin: 8 am with Dee & Cardio and Strength: 9:15 am with Kelly**

Monday				
Time	Class	Location	Instructor	Notes
8:00 am	CSF	Group Ex Studio	Katherine	
9:00 am	Y fit (lower 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	
12:05 pm	Power Cut	Group Ex Studio	Tiffany	<b>11.11: Kelly</b>
1:00 pm	Line Dancing	Group Ex Studio	Sharon	
5:05 pm	Les Mills - Body Pump™	Group Ex Studio	Stephanie	<b>11.11: Heather</b>
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 (upper body)	Group Ex Studio	Dawn	
9:00 am	Deep Water Fitness	Indoor Pool	Evelina	
10:00 am	Water Fitness	Indoor Pool	Kathy	
10:00 am	Silver Sneakers Classic	Event Center	Shannon	<b>11.26: Canceled</b>
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	
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	
10:05 am	Silver Sneakers BOOM MUSCLE	Event Center	Beth	
10:00 am	Water Fitness	Indoor Pool	Evelina	
<b>11:15 am</b>	<b>Walking Club</b>	<b>Event Center</b>	<b>Kimberly</b>	<b>New Class!!!!</b>
4:30 pm	Yoga Strong with Weights	Mind/Body Studio	Ellen	
5:30 pm	Aqua Zumba	Indoor Pool	Pam	

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

5:30 pm	Yoga- Deep Stretch and Restore	Mind/Body Studio	Ellen	
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<b>Thursday</b>				<b>No classes Nov. 28th</b>
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	
10:00 am	Silver Sneakers Classic 	Event Center	Kimberly	
10:00am	Water Fitness 	Indoor Pool	Evelina	
10:00 am	Gentle Yoga	Mind Body Studio	Whitney	<b>11.7: Canceled</b>
11:15 am	Chair One	Event Center	Whitney	<b>11.7: Kimberly 11.21: Kimberly</b>
5:05 pm	Les Mills - Body Pump™	Group Ex Studio	Heather	<b>11.14: Stephanie 11.21: Stephanie</b>
6:00 pm	Zumba Toning®	Group Ex Studio	Pam	
<b>Friday</b>				<b>No classes regular classes Nov. 29th</b>
5:30am	Cardio & Strength	Group Ex Studio	Kelly	
8:00 am	CSF	Group Ex Studio	Katherine	
9:00 am	BARRE-cardio	Mind Body Studio	Stephanie	<b>11.1: Genevieve</b>
9:00 am	MetCon	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 MUSCLE 	Event Center	Beth	
10:00 am	Water Fitness 	Indoor Pool	Evelina	
<b>Saturday</b>				
8:00am	Cycle	Cycle Room	Brooke	<b>11.2: Kelly- video led 11.16: Mark</b>
9:00 am	Saturday Sizzler	Group Ex Studio/ Mind and Body Studio	Rotates	<b>11.2: BodyPump with Heather 11.9: GRIT/ BodyPump with Heather 11.16: Yoga and Pilates with Whitney 11.23: Yoga and Pilates with Whitney 11.30: Bootcamp with Caroline</b>
10:00 am	Water Aerobics 	Indoor Pool	Rotates	<b>11.2: Water Fitness with Lorene 11.9: Aqua Zumba with Pam 11.16: Water Fitness with Lorene 11.23: Aqua Zumba with Pam 11.30: 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.**

**\*\*NEW CLASS ALERT\*\*** Wednesdays 11:30am- Walking Club- Join Kimberly and other members in the Event Center, and then enjoy exercise and social time walking. \*\*If weather permits, group will walk outside.

#### **RULES**

- Childwatch is open: Monday-Friday 8-1; Monday-Thursday 4-7:30; 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.

**Due to the safety of class participants, please do not enter class if you are more than 5 minutes late**

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