



June Fitness Class Schedule

J Smith Young YMCA

June 1st - June 30th

119 West 3rd Avenue
Lexington, NC 27292
(336) 249-2177

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Bodyshred™ Group Exercise Studio Cindy Sturgill 5:15am - 5:45am	Body Blast Group Exercise Studio Cindy Sturgill 5:15am - 6:10am	Power Cycle Cycle Room Brooke Williams 5:15am - 6:15am	Y-Fit Group Exercise Studio Cindy Sturgill 5:15am - 6am	Tabata Group Exercise Studio Brooke Wheelles 5:15am - 6am		
	TRX Circuit Training Room Brooke Wheelles 5:15am - 6:10am		Bodyshred™ Group Exercise Studio Cindy Sturgill 5:15am - 5:45am				
8am	Cardio Sculpt Fusion Group Exercise Studio Meredith Trout 8am - 8:55am	Rep Reebok Group Exercise Studio Jennifer Rinaggio 8:15am - 9:10am	Cardio Sculpt Fusion Group Exercise Studio Cindy Sturgill 8am - 8:55am	Rep Reebok Group Exercise Studio Jennifer Rinaggio 8:15am - 9:10am	Cardio Sculpt Fusion Group Exercise Studio Jill Breeden 8am - 8:55am	Power Cycle Cycle Room Varies Each Week See Notes 8am - 9am	
9am	Beginner Cycle Cycle Room Donnie McFall 9am - 9:50am	Power Cycle Cycle Room Meredith Trout 9:15am - 10:05am	Y-Fit Instructor Choice Jen Fuller-Allen 9am - 10am	TRX Circuit Training Room Jen Fuller-Allen 9:15am - 10:05am	Power Cycle Cycle Room Jill Breeden 9am - 9:50am	Yoga/Pilates Group Exercise Studio Whitney/ Jill 9am - 10am	
	Tabata Group Exercise Studio Kassaundra Lockhart 9:05am - 10am		Zumba® Group Exercise Studio Jennifer Rinaggio 9:05am - 10am		Barre Group Exercise Studio Meredith Trout 9:05am - 10am		
	Beginner Yoga Gym Multipurpose Room Pat Savage 9:30am - 11am		Beginner Yoga Gym Multipurpose Room Pat Savage 9:30am - 11am				
10am	Zumba Lite n Low Group Exercise Studio Jennifer Rinaggio 10:05am - 11am	Silver Sneakers® Classic Group Exercise Studio Jill Breeden 10am - 10:55am	Silver Sneakers® Circuit Group Exercise Studio Jennifer R/ Jill 10am - 11am	Line Dancing Gym Multipurpose Room Sharon Baldwin 10am - 11:30am	Silver Sneakers® Classic Group Exercise Studio Frances Sink 10:05am - 11am	Cardio Barre Group Exercise Studio Meredith Trout 10:05am - 11am	
				Silver Sneakers® Classic Group Exercise Studio Cindy/ Jill 10:05am - 11am			
11am	Silver Sneakers® Circuit Group Exercise Studio Jennifer Rinaggio 11:05am - 12:05pm		Chair Yoga Group Exercise Studio Jen F-A/Bright 11:05am - 11:55am	Tai Chi Group Exercise Studio Paula Aeugle-Freye 11am - 12pm	Boomer Cross Training Group Exercise Studio Jennifer R/ Jen F-A/ Kassaundra 11:05am - 11:50am		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



June Fitness Class Schedule

J Smith Young YMCA
June 1st - June 30th

119 West 3rd Avenue
Lexington, NC 27292
(336) 249-2177

	MON	TUE	WED	THU	FRI	SAT	SUN
12pm	Pilates Group Exercise Studio Jill Breeden 12:05pm - 12:50pm	Barre Group Exercise Studio Meredith Trout 12:05pm - 12:50pm	Powercut Group Exercise Studio Tiffany Moody 12:05pm - 12:50pm	Powercut Group Exercise Studio Jill Breeden 12:05pm - 12:50pm			
4pm	Body Blast Group Exercise Studio Kim Walker 4:30pm - 5:25pm	Tabata Group Exercise Studio Brooke Wheelles 4:30pm - 5:25pm	Barre Group Exercise Studio Meredith Trout 4:30pm-5:30pm	Y-Fit Group Exercise Studio Kassandra Lockhart 4:30pm - 5:25pm			
5pm	Pound Group Exercise Studio Brooke Williams 5:30pm - 6:25pm	Cycle/Core: Cycle Room Brooke Wheelles 5:30pm - 6:40pm	Power Cycle Cycle Room Donnie McFall 5:30pm - 6:20pm	Yoga Group Exercise Studio Whitney Brooks 5:30pm - 6:25pm	Class Notes The following classes have been removed from the schedule: **Tuesday 9:15 am Yo-Chi **Thursday 9:15 am Zumba **Thursday 5:30pm Cycle **Thursday 6:30 pm Zumba **Friday 10:05 am Metabolic Mix **Sunday 3:00 pm Boxing Conditioning		
6pm	Bodyshred™ Group Exercise Studio Cindy Sturgill 6:30pm - 7pm	Zumba® Group Exercise Studio Paula Aeugle-Freye 6:30pm - 7:30pm	HIIT Group Exercise Studio Ronda Fletcher 6:30pm - 7:35pm	Boxing Fitness Circuit Training Room Andrew Manzella 6:30pm - 7:30pm			
7pm							

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.

Saturday Classes

Date	Cycle	Yoga/Pilates	Cardios Barre
6/3	Brooke MW	Yoga - Whitney	Jill
6/10	Jill	Pilates - Jill	Meredith
6/17	Brooke MW	Yoga - Whitney	Meredith
6/24	Jill	Pilates - Jill	Meredith

New Classes

**Line Dancing	Thursday 10:00 am
**Tai Chi	Thursday 11:00 am