







# GROUP EXERCISE

J. Smith Young YMCA

May 2024

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 	Pool	Kathy	<b>5.6 Lorene</b>
9:00 am	Pickleball	Gym-back courts	member-led	
10:00 am	Water Fitness 	Pool	Evelina	
10:15 am	Silver Sneakers Classic 	Event Center	Kathy	<b>5.6 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	Stephanie	<b>5.6 Heather</b>
Tuesday				
5:15 am	TRX/EMOM	TRX room	Brooke	
9:00 am	Barre-strength	Mind Body Studio	Stephanie	<b>5.7 Heather</b>
9:00 am	Y fit (upper body)	Group Ex Studio	Dawn	
9:00 am	Deep Water Fitness	Pool	Evelina	
10:00 am	Water Fitness 	Pool	Kathy	
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	<b>5.7 NO CLASS</b>
4:30pm	Tabata Sculpt	Group Ex Studio	Brooke	
5:30 pm	Yoga- Strong Slow Flow	Mind/Body Studio	Ellen	
6:00 pm	Zumba®	Group Ex Studio	Pam	
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 	Pool	Kathy	
10:05 am	Silver Sneakers BOOM MUSCLE 	Event Center	Beth	
10:00 am	Water Fitness 	Pool	Evelina	
4:30 pm	Yoga Strong with Weights	Mind/Body Studio	Ellen	
5:30 pm	Aqua Zumba 	Pool	Pam	
5:30 pm	Yoga- Deep Stretch and Restore	Mind/Body Studio	Ellen	

Thursday				
5:15 am	HIIT and Sculpt	Group Ex Studio	Brooke	
9:00 am	Cardio & Core	Group Ex Studio	Dawn	
9:00 am	Deep Water Fitness	Pool	Evelina	
10:00 am	Silver Sneakers Classic 	Event Center	Kimberly	
10:00am	Water Fitness 	Pool	Evelina	
10:00 am	Gentle Yoga	Mind Body Studio	Whitney	<b>5.23 No Class</b>
11:15 am	Chair One	Event Center	Whitney	<b>5.23 Kimberly</b>
5:05 pm	Les Mills - Body Pump™	Group Ex Studio	Heather	<b>5.16 Stephanie</b>
6:00 pm	Zumba Toning®	Group Ex Studio	Pam	
Friday				
5:30 am	Cardio & Strength	Group Ex Studio	Kelly	
8:00 am	CSF	Group Ex Studio	Katherine	
9:00 am	BARRE-cardio	Mind Body Studio	Stephanie	<b>5.10 Heather</b>
9:00 am	MetCon	Group Ex Studio	Dawn	
9:00 am	Deep Water Fitness	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 	Pool	Evelina	
Saturday				
9:00 am	Saturday Sizzler	Group Ex Studio/ Mind and Body Studio		<b>5.4 Yoga/ Pilates with Whitney</b> <b>5.11 Bootcamp with Caroline</b> <b>5.18 Yoga / Pilates with Whitney</b> <b>5.25 Body Pump with Heather</b>
10:00 am	Water Aerobics 	Pool		<b>5.4 Water Fitness with Lorene</b> <b>5.11 Aqua Zumba with Pam</b> <b>5.18 Water Fitness with Lorene</b> <b>5.25 Aqua Zumba with Pam</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.

**\*\*\*Pickleball nets are available to members at 9am Mon/Wed/Friday in the gym-back courts. This is a member-lead group\*\*\***

#### **RULES**

- Childwatch is open: Monday-Friday 8-11; 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**

### **Extended Child Watch Hours Starting in May!**

**Monday- Friday: 8am-1pm**

**Monday-Thursday: 4pm-7:30pm**

**Saturday: 9am-11am**

#### **Class Schedule Note:**

**Monday: Canceled:** 4:30pm-Tabata, 6:00pm- Cycle

**Tuesday: Canceled:** 9am-Pickleball

**Wednesday:** 10am Silver Sneakers Classic is now Silver Sneakers BOOM MUSCLE

**Thursday: Added-** 10am Silver Sneakers Classic

**Friday: Canceled:** 11am Silver Sneakers Classic

**Saturday: Canceled:** 8am Cycle

**Sunday: Canceled:** Sunday Classes

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

