



# GROUP EXERCISE







J. Smith Young YMCA  
December 2024

**\*\*\* Holiday Schedule Updates: No classes 12.24, 12.25, 12.26 and 12.31**

**Cookie Crusher Workout 12.26- 8am Spin with Dee, 9:15am Bootcamp with Caroline**

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	
9:00am	Tai Chi	Event Center	Kimberly	<b>NEW CLASS</b>
10:00 am	Water Fitness	Indoor Pool	Evelina	<b>12.23,12.30 Lorene</b>
10:15 am	Silver Sneakers Classic	Event Center	Kathy	
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				<b>NO CLASSES 12.24 NO CLASSES 12.31</b>
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	
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	<b>12.3: Barbi</b>
6:30 pm	High Fitness	Mind/Body Studio	Sara	
Wednesday				<b>NO CLASSES 12.25</b>
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	
11:15 am	Walking Club	Event Center	Kimberly	
4:30 pm	Yoga Strong with Weights	Mind/Body Studio	Ellen	
5:30 pm	Aqua Zumba	Indoor Pool	Pam	<b>No Class 12.4</b>
5:30 pm	Yoga- Deep Stretch and Restore	Mind/Body Studio	Ellen	

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

<b>Thursday</b>				<b>NO REGULAR CLASSES 12.26</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	
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>12.5: Barbi</b>
<b>Friday</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	
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	
<b>9:00 am</b>	<b>Tai Chi </b>	<b>Event Center</b>	<b>Shannon</b>	<b>NEW CLASS 12.27: Canceled</b>
10:00 am	Silver Sneakers BOOM MUSCLE 	Event Center	Beth	
10:00 am	Water Fitness 	Indoor Pool	Evelina	<b>12.20,12.27 Lorene</b>
<b>Saturday</b>				
8:00am	Cycle	Cycle Room	Brooke	<b>12.21: Canceled</b>
9:00 am	Saturday Sizzler	Group Ex Studio/ Mind and Body Studio	Rotates	<b>12.7: Body Pump/ GRIT with Heather 12.14 Yoga and Pilates with Whitney 12.21: Body Pump/ GRIT with Heather 12.28: Bootcamp with Caroline</b>
10:00 am	Water Aerobics 	Indoor Pool	Rotates	<b>12.7: Water Fitness with Lorene 12.14: Aqua Zumba with Pam 12.21: Water Fitness with Lorene 12.28: 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.**

**\*\*NEW CLASS ALERT\*\* Mondays and Fridays 9am- Tai Chi**

The practice of Tai Chi is suitable for people of all fitness levels and is designed to be accessible and beneficial for individuals with limited mobility or health concerns. Regular practice of Tai Chi improves flexibility, muscle strength, increases heart/lung activity, aligns posture, and improves balance. One of the great aspects of Tai Chi is its integration of the mind and body, helping to relax the body, improve cognitive functions, and relieve stress.

**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)