








GROUP EXERCISE

J. Smith Young YMCA
July 2024

****Please note the YMCA will be CLOSED July 4th. On July 5th, there will be no Group Ex classes.****

Monday				
Time	Class	Location	Instructor	Notes
8:00 am	CSF	Group Ex Studio	Brooke	
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	Rotating Instructor	
10:15 am	Silver Sneakers Classic	Event Center	Kathy	
12:05 pm	Power Cut	Group Ex Studio	Tiffany	7.1 Kelly
1:00 pm	Line Dancing	Group Ex Studio	Sharon	7.1 Canceled
5:05 pm	Les Mills - Body Pump™	Group Ex Studio	Stephanie	7.15 Heather
Tuesday				
5:15 am	TRX/EMOM	TRX room	Brooke	
9:00 am	Barre-strength	Mind Body Studio	Stephanie	7.16 Genevieve
9:00 am	Y fit (upper body)	Group Ex Studio	Dawn	
9:00 am	Deep Water Fitness	Outdoor Pool starting 6.11	Evelina/Lisa	
10:00 am	Water Fitness	Outdoor Pool starting 6.11	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	7.2 Canceled
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	7.17 Dee
8:00 am	CSF	Group Ex Studio	Brooke	7.17 Beth
9:00 am	Cycle	Cycle room	Beth	7.24 Allen 7.31 Allen
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	7.24 Kimberly 7.31 Kathy
10:00 am	Water Fitness	Indoor Pool	Rotating Instructor	
4:30 pm	Yoga Strong with Weights	Mind/Body Studio	Ellen	7.31 Canceled
5:30 pm	Aqua Zumba	Outdoor Pool starting 6.12	Pam	
5:30 pm	Yoga- Deep Stretch and Restore	Mind/Body Studio	Ellen	7.31 Canceled
Thursday				
YMCA CLOSED 7.4				
5:15 am	HIIT and Sculpt	Group Ex Studio	Brooke	7.18 Beth
9:00 am	Cardio & Core	Group Ex Studio	Dawn	

Please see other side of the schedule for additional classes. Comments/Questions: caroline@lexingtonymca.com

9:00 am	Deep Water Fitness	Outdoor Pool starting 6.13	Evelina/Lisa	
10:00 am	Silver Sneakers Classic 	Event Center	Kimberly	
10:00am	Water Fitness 	Outdoor Pool starting 6.13	Evelina/Kathy	
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	
Friday			No classes 7.5	
8:00 am	CSF	Group Ex Studio	Brooke	7.19 Beth
9:00 am	BARRE-cardio	Mind Body Studio	Stephanie	7.12 Whitney 7.19 Whitney
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	7.26 Genevieve
10:00 am	Water Fitness 	Indoor Pool	Rotating Instructor	
Saturday				
8:00am	Cycle	Cycle Room	Brooke	7.6 Dee
9:00 am	Saturday Sizzler	Group Ex Studio/ Mind and Body Studio		7.6 Yoga and Pilates with Whitney 7.13 Zumba with Pam 7.20 Strength and HIIT with Caroline 7.27 BodyPump with Heather
10:00 am	Water Aerobics 	Indoor Pool		7.6 Aqua Zumba with Pam 7.13 Water Fitness with Lorene 7.20 Aqua Zumba with Pam 7.27 Water Fitness with Lorene

*****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*****

Outdoor pool is located at 207 Forest Rose Drive. Classes on Tuesdays and Thursdays, as well as Wednesday Aqua Zumba will take place outside starting June 11th. Members must present their cards at the gate to participate in classes

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

Child Watch Hours

Monday- Friday: 8am-1pm

Monday-Thursday: 4pm-7:30pm

Canceled Classes in July:

Tuesday: 4:30pm Tabata

Friday: 5:30am Cardio and Strength