

**GROUP EXERCISE**

**J. Smith Young YMCA**

**March 2025**

| **Monday** | | | | |
| --- | --- | --- | --- | --- |
| **Time** | **Class** | **Location** | **Instructor** | **Notes** |
| 8:00 am | CSF | Group Ex Studio | Katherine |  |
| 9:00 am | Y fit (upper body) | Group Ex Studio | Dawn |  |
| 9:00 am | Water FitnessC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Indoor Pool | Kathy/Lorene |  |
| 9:00 am | Pickleball | Gym-back courts | member-led |  |
| 10:00 am | Water FitnessC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Indoor Pool | Evelina |  |
| 10:15 am | Silver Sneakers Classic https://lh5.googleusercontent.com/Ib-5TWMsdRXpeuaSTbiHlOJrhhItqQx9I-uWDWXlTfCZM6mvsjQEia0Gpz0wbSb3GH_6Kk5UPHtbbIOPU5v6rY9XXRAFt_o-5OpXPB4vTzVGNdfTC-5ZGRVRPUHSzYdfeF52eQVpJ_7eLAUeA6MiNA | Event Center | Kathy |  |
| 12:05 pm | Power Cut | Group Ex Studio | Tiffany |  |
| 1:00 pm | Line Dancinghttps://lh5.googleusercontent.com/Ib-5TWMsdRXpeuaSTbiHlOJrhhItqQx9I-uWDWXlTfCZM6mvsjQEia0Gpz0wbSb3GH_6Kk5UPHtbbIOPU5v6rY9XXRAFt_o-5OpXPB4vTzVGNdfTC-5ZGRVRPUHSzYdfeF52eQVpJ_7eLAUeA6MiNA | Group Ex Studio | Sharon |  |
| 5:05 pm | Les Mills - Body Pump™ | Group Ex Studio | Heather | **3.24 Stephanie** |
| 6:00pm | Cycle | Cycle Studio | Mark |  |
| **Tuesday** | | | | |
| 5:15 am | TRX/Strength Stations | TRX room | Brooke |  |
| 9:00 am | Barre-strength | Mind Body Studio | Stephanie |  |
| 9:00 am | Y fit (lower body) | Group Ex Studio | Dawn |  |
| 9:00 am | Deep Water Fitness | Indoor Pool | Evelina |  |
| 10:00 am | Water FitnessC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Indoor Pool | Kathy/Lorene |  |
| 10:00 am | Silver Sneakers Classic https://lh5.googleusercontent.com/Ib-5TWMsdRXpeuaSTbiHlOJrhhItqQx9I-uWDWXlTfCZM6mvsjQEia0Gpz0wbSb3GH_6Kk5UPHtbbIOPU5v6rY9XXRAFt_o-5OpXPB4vTzVGNdfTC-5ZGRVRPUHSzYdfeF52eQVpJ_7eLAUeA6MiNA | Event Center | Shannon |  |
| 11:00am | Chair YogaC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Event Center | Whitney |  |
| 12:00 pm | Pilates | Mind Body Studio | Whitney |  |
| 1:00 pm | Line DancingC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Group Ex Studio | Sharon |  |
| 5:30 pm | Yoga- Strong Slow Flow | Mind/Body Studio | Ellen | **3.11 Whitney** |
| 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 FitnessC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Indoor pool | Kathy/Lorene |  |
| 10:05 am | Silver Sneakers BOOM MUSCLEhttps://lh5.googleusercontent.com/Ib-5TWMsdRXpeuaSTbiHlOJrhhItqQx9I-uWDWXlTfCZM6mvsjQEia0Gpz0wbSb3GH_6Kk5UPHtbbIOPU5v6rY9XXRAFt_o-5OpXPB4vTzVGNdfTC-5ZGRVRPUHSzYdfeF52eQVpJ_7eLAUeA6MiNA | Event Center | Beth |  |
| 10:00 am | Water Fitness C:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Indoor Pool | Evelina |  |
| 4:30 pm | Yoga Strong with Weights | Mind/Body Studio | Ellen | **3.12 Cancelled** |
| 5:30 pm | Aqua Zumba C:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Indoor Pool | Pam |  |
| 5:30 pm | Yoga- Deep Stretch and Restore | Mind/Body Studio | Ellen | **3.12 Cancelled** |
| 6:00 pm | Les Mills- SPRINT (cycle) | Cycle Room | Heather | **3.26 Mark** |

| **Thursday** | | | | |
| --- | --- | --- | --- | --- |
| 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 ClassicC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Event Center | Kimberly |  |
| 10:00am | Water Fitness C:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | 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 | **3.27 Stephanie** |
| 6:00 pm | Zumba Toning® | Group Ex Studio | Pam |  |
| **Friday** | | | | |
| 5:30am | Cardio & Strength | Group Ex Studio | Brooke |  |
| 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 |  |
| 10:00 am | Silver Sneakers BOOM MUSCLEhttps://lh5.googleusercontent.com/Ib-5TWMsdRXpeuaSTbiHlOJrhhItqQx9I-uWDWXlTfCZM6mvsjQEia0Gpz0wbSb3GH_6Kk5UPHtbbIOPU5v6rY9XXRAFt_o-5OpXPB4vTzVGNdfTC-5ZGRVRPUHSzYdfeF52eQVpJ_7eLAUeA6MiNA | Event Center | Beth |  |
| 10:00 am | Water FitnessC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Indoor Pool | Evelina |  |
| **Saturday** | | | | |
| 8:00am | Cycle | Cycle Studio | Brooke | **3.1 Mark**  **3.15 Mark or Caroline** |
| 9:15 am | Saturday Sizzler | Group Ex Studio/ Mind and Body Studio | Rotates | **3.1: Yoga/Pilates with Whitney**  **3.8: BodyPump and GRIT with Heather**  **3.15: Zumba with Pam**  **3.22: Yoga/Pilates with Whitney**  **3.29: Cardio Barre with Stephanie** |
| 10:00 am | Water AerobicsC:\Users\tracy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0S0JMECJ\MC900361104[1].wmf | Indoor Pool | Rotates | **3.1 Aqua Zumba with Pam**  **3.8 Water Fitness with Lorene**  **3.15 Aqua Zumba with Pam**  **3.22 Water Fitness with Lorene**  **3.29 Aqua Zumba with Pam** |

**\*\*\*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**.



**Evidence Based Health Intervention Exercise Classes**

EBP is a program that integrates the best research evidence, clinical expertise, and patient values to develop an exercise program for active older adults. These classes fill up quickly and require a small registration fee. Please register online or at the front desk.

**Better Balance-** April 2, 2025- June 4, 2025- Every Wednesday 1-2pm

**AOA Bowling-** March 10th, 11:30am-1:30pm

**Tai Chi-** March 10, 2025- April 30, 2025 M,W- 9am-10am