

AUGUST GROUP EXERCISE 2026

MON

TUE

WED

THU

FRI

SAT

**Small Group
Personal
Training**

MTTh
9:00-
9:45am
SGPT x
Ashleigh \$\$

TTH
11:45-
12:30pm
Barre SGT^
Ashleigh \$\$

F
8:00-8:45am
Barre SGT^
Ashleigh \$\$

Group Fight*
Michelle
8:00-8:45am

Stronger U*
Laura
9:00am-9:45am

**Yoga +
Laura**
10:00-10:45am

**Silver Sneakers
Yoga***
Terry
10:00-10:45am

**Silver Sneakers
Cardio Circuit***
Terry
11:00-11:45am

**Rock Steady
Boxing ***
12:00-1:30pm

Strong Nation*
Randi
4:30 - 5:15pm

Zumba*
Randi
5:30-6:15pm

**Zumba Toning &
CIRCL Mobility***
Randi
6:15-6:45

Body Fusion*
Shelia
5:00am- 5:45
am

Athlete 30*
AJ
8:00-8:45am

Stronger U*
Laura
9:00am-
9:45am

**Silver Sneakers
Classic***
Jenny
10:00-
10:45am

**Deep Stretch +
Alyson**
10:00-
10:45am

Cardio/Strength*
Wendy
4:30-5:15pm

Zumba*
Maria
5:30-6:15pm

Group Power*
AJ
8:00-8:45am

**TRX x
Suspension
Training**
Laura
9:00am-
9:45am

**Yoga +
Laura**
10:00-
10:45am

**Silver
Sneakers
Yoga***
Terry
10:00-
10:45am

**Silver
Sneakers
Cardio Circuit***
Terry
11:00-
11:45am

Cardio Sculpt *
Wendy
4:30-5:15pm

Body Fusion*
Shelia
5:00am- 5:45
am

**R30 Cycle+
AJ**
8:00-8:30am

Group Core*
AJ
8:30-8:50am

Stronger U*
Laura
9:00am-
9:45am

**Silver
Sneakers
Classic***
Jenny
10:00-
10:45am

**Deep Stretch +
Alyson**
10:00-
10:45am

**Silver
Sneakers
Yoga***
Jeanne
11:00-
11:45am

**Rock Steady
Boxing ***
12:00-1:30pm

TBC*
Octavia
4:30-5:15pm

Dance Fitness*
Harrie
Aug. 6th, 13th,
20th, 27th,
5:30 - 6:15 pm

Group Active*
AJ
9:00-9:45am

**Silver
Sneakers
Cardio Circuit***
Jenny
10:00-
10:45am

**Strength &
Endurance***
Harrie
Aug. 14th
21st, & 28th
4:30 - 5:15
pm

TBC*
Octavia
9:00-9:45am

**Gravity Pilates<
Taina**
Aug. 8th, 22nd, &
29th
9:00 -9:45am

Zumba *
Staff
10:00-10:45am

Dance Fitness*
Harrie
Aug. 1st, 15th,
22nd, & 29th
11:00 -11:45am

Water Aerobics

Monday
Aqua Sculpt
Wendy
9:00AM

Aqua Fit
Jenny
4:30PM

Tuesday
Aqua Dance
Randi
9:00AM

Aqua Zumba
Randi
4:30PM

Wednesday
Aqua Zumba
Randi
9:00AM

Aqua Fit
Jenny
4:30PM

Thursday
Aqua Sculpt
Wendy
9:00AM

Aqua Deep
Jenny
4:30 PM

Please Note:
Beginning
August
10th, Water
Aerobics will
be offered
afternoons
only.

*Group Exercise Room + Spin Room ^Barre Room x Cross Training Room < Pilates Room \$\$ Paid Class

Please arrive 5-10 minutes before class to allow time to set up any equipment needed.

Like our Facebook page: Hopkinsville Family YMCA for class cancellations and updates.

Please email: memberservices@hopkinsvilleymca.org with any questions or concerns.

www.hopkinsvilleymca.org/ 270.887.5382





Group Exercise Class Descriptions

Athlete30– Unleash your inner athlete in this fast pace high intensity 30-minute workout designed to build strength, speed, agility, and endurance.

SGPT Barre –This workout combines basic foundations of Pilates with ballet-inspired barre moves. Incorporating elements of yoga and strength training.

Body Fusion– Mix of cardio and strength in a HIIT format.

Cardio Sculpt– This full-body workout combines cardio intervals with strength exercises.

Cardio Strength– A total body workout designed to get the heart rate up and build strength.

Dance Fitness– Muscle and heart building dance routines done to all genres of music. Taught in a basic format that's easy to follow and build on. Fun, exciting, heart healthy.

Deep Stretch– Unwind, release, and lengthen in this slow-paced, mat-based class designed to target deep muscle tension and improve flexibility.

Group Active – A diverse workout that improves cardiovascular fitness, builds total body strength, and enhances movement health.

Group Fight is a high-energy, martial arts-inspired fitness class that blends boxing, kickboxing, and cardio movements. It delivers a full-body workout that builds endurance, strength, and coordination. Designed for all fitness levels, it's a fun, music-driven way to burn calories and relieve stress.

Gravity Pilates – on the Encompass machine is a low-impact, full-body workout using your body weight for resistance. Build core strength, improve flexibility, and enhance balance with controlled movements. Circuits are also included to keep the workout engaging and effective. The adjustable incline makes it great for all fitness levels.

Group Core – Strengthen your center and build a solid foundation in this dynamic core-focused class. Targeting the abs, lower back, hips & glutes.

Group Power – A high-energy, music-driven barbell workout to build total-body strength & endurance.

HITT & Lift Bootcamp – A complete workout combining high intensity interval training and full body strength training.

Rock Steady Boxing® –A noncontact boxing-based fitness program only for participants that have been diagnosed with Parkinson's disease. A medical release and assessment by a certified coach are required.

R30 Cycle – A 30-minute cycle workout that improves cardiovascular fitness, muscular endurance, and calorie burn using motivating music.

Silver Sneakers® Classic– A beginner-friendly strength class. A full-body workout designed to improve strength and increase overall mobility using dumbbells, elastic tubing, and a Silver Sneakers® ball. A chair is used for seated or standing support.

Silver Sneakers® Cardio Circuit – This low impact cardio class is presented in a circuit format that alternates between low impact choreographed moves, balance, and strength work using dumbbells, elastic tubes, and a Silver Sneakers® ball. A chair is used for seated or standing support.

Silver Sneakers® Yoga – For all fitness levels. Move through seated and standing yoga poses to increase flexibility, balance and range of motion. A chair is used for seated poses and standing support.

Small Group Personal Training– Led by a Certified Personal Trainer, each session is tailored to your individual goals and fitness level. A perfect balance of personal attention and group energy- all at an affordable price.

Strength & Endurance–A HITT style workout designed to build muscle and get your heart rate which will help define lean muscle. **STRONG Nation®** is a high-intensity interval training (HIIT) workout that combines bodyweight exercises, muscle conditioning, cardio, and plyometric movements synchronized to music. Unlike dance-based fitness classes, every squat, lunge, burpee, and kick is performed to the beat, helping participants stay motivated while maximizing results

Stronger U – A total body resistance training class designed to build muscle, improve endurance, & boost confidence. uses a variety of equipment

TBC (Total Body Conditioning) – A full body strength and conditioning workout that uses free weights, barbells, body weight, and more.

TRX Suspension Fit – A form of suspension training that uses body weight exercises to develop strength, balance, flexibility, and core stability simultaneously.

Zumba®–A high-energy, Latin-inspired dance workout that combines cardio, muscle conditioning, balance, and flexibility.

Zumba® CIRCL Mobility– A gentle yet powerful class that focuses on improving flexibility, reducing stiffness, and enhancing recovery.