



# MAY GROUP EXERCISE 2026

	MON	TUE	WED	THU	FRI	SAT
<b>Small Group Personal Training</b>	<b>Group Fight*</b> Michelle 8:00-8:45am	<b>Body Fusion*</b> Shelia 5:00am- 5:45 am	<b>Group Power*</b> AJ 8:00-8:45am	<b>Body Fusion*</b> Shelia 5:00am- 5:45 am	<b>Group Active*</b> AJ 9:00-9:45am	<b>TBC*</b> Octavia 9:00-9:45am
<b>MWF</b> 5:00-5:45am	----- <b>Stronger U*</b> Laura 9:00am-9:45am	----- <b>Athlete 30*</b> AJ 8:00-8:45am	----- <b>TRX x</b> <b>Suspension Training</b> Laura 9:00am-9:45am	----- <b>R30 Cycle+</b> AJ 8:00-8:30am	----- <b>Silver Sneakers Cardio Circuit*</b> Jenny 10:00-10:45am	----- <b>Zumba *</b> Staff 10:00-10:45am
<b>HIIT &amp; Lift Bootcamp*</b> Octavia \$\$	----- <b>Yoga +</b> Laura 10:00-10:45am	----- <b>Stronger U*</b> Laura 9:00am-9:45am	----- <b>Yoga +</b> Laura 10:00-10:45am	----- <b>Group Core*</b> AJ 8:30-8:50am	----- <b>Pop Up with Harrie*</b> 4:30 - 5:15 pm May 15 <sup>th</sup> , 22 <sup>nd</sup> , & 29 <sup>th</sup>	----- <b>Gravity Pilates &lt;</b> Taina May 16 <sup>th</sup> 9:00 -9:45am
<b>MTTh</b> 9:00-9:45am	----- <b>Silver Sneakers Yoga*</b> Terry 10:00-10:45am	----- <b>Silver Sneakers Classic*</b> Jenny 10:00-10:45am	----- <b>Silver Sneakers Yoga*</b> Terry 10:00-10:45am	----- <b>Stronger U*</b> Laura 9:00am-9:45am		
<b>SGPT x</b> Ashleigh \$\$	----- <b>Silver Sneakers Cardio Circuit*</b> Terry 11:00-11:45am	----- <b>Deep Stretch + Alyson</b> 10:00-10:45am	----- <b>Silver Sneakers Cardio Circuit*</b> Terry 11:00-11:45am	----- <b>Silver Sneakers Classic*</b> Jenny 10:00-10:45am		
<b>TTH</b> 11:45-12:30pm	----- <b>Rock Steady Boxing *</b> 12:00-1:30pm	----- <b>Cardio/Strength*</b> Wendy 4:30-5:15pm	----- <b>Cardio Sculpt *</b> Wendy 4:30-5:15pm	----- <b>Deep Stretch + Alyson</b> 10:00-10:45am		
<b>Barre SGT^</b> Ashleigh \$\$	----- <b>Group Fight*</b> Michelle / AJ 4:30 - 5:15pm	----- <b>Zumba*</b> Maria 5:30-6:15pm	----- <b>Zumba*</b> Maggie 5:30-6:15pm	----- <b>Silver Sneakers Yoga*</b> Jeanne 11:00-11:45am		
<b>F</b> 8:00-8:45am	----- <b>Zumba*</b> Randi 5:30-6:15pm			----- <b>Rock Steady Boxing *</b> 12:00-1:30pm		
<b>Barre SGT^</b> Ashleigh \$\$	----- <b>Zumba Toning &amp; CIRCL Mobility*</b> Randi 6:15-6:45			----- <b>TBC*</b> Octavia 4:30-5:15pm		
						<b>Upcoming Events</b> May 18 <sup>th</sup> <b>Spin for a Cause</b> ----- May 25 <sup>th</sup> <b>Memorial Day NO GROUP EX. CLASSES</b>

\*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/](http://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.

**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.

**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.

**Spin for a Cause 2026** help us raise funds for the annual campaign May 18<sup>th</sup> 8 am – 4:30 pm, sign up at the front desk to ride a bike or to support the riders by giving a donation.