



MARCH GROUP EXERCISE 2026

SUN	MON	TUE	WED	THU	FRI	SAT
HIIT Sculpt* Haley 1:30-2:15 NO Childcare	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 ----- HITT SCULPT* Haley 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 ----- TBC* Octavia 4:30-5:15pm ----- Zumba* Maria 5:30-6:15pm	Group Power* AJ 8:00-8:45am ----- TRX x 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 ----- Zumba* Maggie 5:30-6:15pm	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 ----- Group Active* Taina 5:30pm- 6:15pm	Group Active* AJ 9:00-9:45am ----- Silver Sneakers Cardio Circuit* Jenny 10:00-10:45am ----- LIMITED TIME Glute and Grit D 4:30-5:15pm	TBC* Octavia 9:00-9:45am ----- Zumba * Staff 10:00-10:45am ----- HIIT Sculpt* Haley 11-11:45am

Small Group
Personal
Training

MWF 5:00-
5:45am
HIIT & Lift
Bootcamp*
 Octavia \$\$

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

MW 4:30-
5:15pm
SGPT x
 D\$\$

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

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

*Group Exercise Room + Spin Room ^Barre Room x Cross Training 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.

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

Glutes and Grits–Is a lower body strength class designed to build strong glutes, legs, and core while improving balance, power, and confidence. Using dumbbells, kettlebells, bands, and body weight, you'll push through challenging sets that build both physical strength and mental resilience. Modifications provided for all levels.

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

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.

HITT Sculpt– Using bands, free weights, body weight, barbells, HIIT moves, and strength training to sculpt the body.

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® – 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.

