



# GROUP EXERCISE SCHEDULE

## OCTOBER 2025

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:00-5:45AM		Body Fusion* Sheila		Body Fusion* Sheila		
8:00-8:45AM	Cycle + Manzel  Barre^ Heather	Athlete30* AJ	Group Power* AJ	R30 Cycle + AJ  Group Core* 8:30AM/ AJ	Cycle + Manzel	Cycle + Manzel (Starting Sept 13 <sup>th</sup> )
9:00-9:45AM	Stronger U* Laura	Stronger U* Laura  Small Group PT x Ashleigh \$\$	Pilates* Ashleigh  TRX® x Laura	Stronger U* Laura  Small Group PT x Ashleigh \$\$	Group Active* AJ	TBC* Octavia
10:00-10:45AM	Yoga+ Laura  Silver Sneakers® Yoga* Terry	Deep Stretch + Ashleigh  Silver Sneakers® Classic* Jenny	Yoga + Laura  Silver Sneakers® Yoga* Terry	Yoga + Ashleigh  Silver Sneakers® Classic* Jenny	Silver Sneakers® Cardio Circuit* Jenny	Zumba* Staff
11:00-11:45AM	Silver Sneakers® Cardio Circuit* Terry	Silver Sneakers® Yoga* Ashleigh	Silver Sneakers® Cardio Circuit* Terry	Silver Sneakers® EnerChi* Ashleigh		<b><u>EVENTS</u></b> <b><u>Breast &amp; Lung Screening</u></b> <b>Fri, Oct 17<sup>th</sup></b> <b>11AM</b> <b>FREE TO THE PUBLIC</b>  <b><u>Senior Potluck Luncheon</u></b> <b>Tues, Oct 21st</b> <b>11:30AM</b>  <b><u>Women's Health Seminar</u></b> <b>Tues, Oct 28<sup>th</sup></b> <b>12PM or 5:30PM</b> <b>FREE TO THE PUBLIC</b>
12:00-1:30PM	Rock Steady* Boxing®			Rock Steady* Boxing®		
4:30-5:15PM	Circuit* Bonita  Small Group PT x D \$\$	Cardio/Strength* Bonita  Small Group PT x Ashleigh \$\$	Cardio Sculpt* Wendy  Small Group PT x D \$\$	TBC* Octavia  Small Group PT x Ashleigh \$\$		
5:30-6:15PM	Zumba* Randi  Barre^ Ashleigh	Zumba* Maria	Zumba* Maggie	TBC* Octavia		
6:15-6:45PM	Zumba Toning & CIRCL Mobility* Randi					

\*Group Ex +Spin Room ^Barre Room xCross Training Room \$\$Paid Class

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

<b><u>Facility Hours:</u></b> <b>Monday-Thursday:</b> 5:00AM-8:30PM <b>Friday:</b> 5:00AM-7:00PM <b>Saturday:</b> 7:00AM-5:00PM <b>Sunday:</b> 1:00PM-5:00PM	<b><u>Childcare Hours:</u></b> <b>Monday-Friday:</b> 8:00AM-11:00AM & 4:00-7:00PM <b>Saturday:</b> 8:00AM-11:00AM
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Join our Facebook Group: **Hopkinsville Family YMCA** for class cancelation & updates.

Please email [fitness@hopkinsvilleymca.org](mailto:fitness@hopkinsvilleymca.org) with questions or concerns.

Turn Over for Class Descriptions>>>>>



## 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.

**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.

**Circuit-** A form of body conditioning that involves endurance training, resistance training, high-intensity, and exercises performed in a circuit.

**Cycle-** Get ready to ride! This high energy indoor cycling class combines cardio, endurance, and fun.

**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 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.

**Pilates** – Strengthen your core, improve posture, and enhance flexibility with this low-impact, full-body workout.

**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® EnerChi** – A low impact class based on modified Tai Chi movements to improve balance and stability. 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. Includes a consultation, assessment, and 8 sessions. This is a paid class.

**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.

**Yoga** – Breathe, stretch, and strengthen in this mat-based yoga class designed to enhance flexibility and balance.

**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.