



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 th)
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		EVENTS <u>Breast & Lung</u> <u>Screening</u> Fri, Oct 17 th 11AM FREE TO THE PUBLIC
12:00-1:30PM	Rock Steady* Boxing®			Rock Steady* Boxing®		<u>Senior Potluck</u> <u>Luncheon</u> Tues, Oct 21st 11:30AM
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 \$\$		<u>Women's</u> <u>Health Seminar</u> Tues, Oct 28 th 12PM or 5:30PM FREE TO THE PUBLIC
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. ★

<u>Facility Hours:</u>	<u>Childcare Hours:</u>
Monday-Thursday: 5:00AM-8:30PM Friday: 5:00AM-7:00PM Saturday: 7:00AM-5:00PM Sunday: 1:00PM-5:00PM	Monday-Friday: 8:00AM-11:00AM & 4:00-7:00PM Saturday: 8:00AM-11:00AM

Join our Facebook Group: **Hopkinsville Family YMCA** for class cancelation & updates.

Please email 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.