



OCTOBER GROUP EXERCISE 2026

MON

TUE

WED

THU

FRI

SAT

Small Group
Personal
Training

Tues. Thur. &
Fri.
9 - 9:45am
SGPT x
Ashleigh \$\$

Tues. & Thur
11:45-
12:30pm
Barre SGT^
Ashleigh \$\$

Fri.
8-8:45am
Barre SGT^
Ashleigh \$\$

Mon. & Wed.
4 - 4:45pm
SGPT+
Chrissy \$\$

Group Fight*
Michelle
8 - 8:45am

Stronger U*
Laura
9 - 9:55am

Yoga +
Laura
10-10:45am

Silver
Sneakers
Yoga*
Terry
10-10:45am

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

Rock Steady
Boxing*
12-1:30pm

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

Yoga +
Mailea
5:15-6:10pm

Zumba*
Randi
5:30-6:15pm

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

Body Fusion*
Shelia
5 - 5:45 am

Athlete 30*
AJ
8 - 8:45am

Stronger U*
Laura
9 - 9:55am

Silver Sneakers
Classic*
Jenny
10 - 10:45am

Deep Stretch +
Alyson
10 - 10:45am

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

Yoga +
Mailea
4:30-5:15pm

Restorative
Yoga+
Mailea
5:30-6:00pm

Zumba*
Maria
5:30-6:15pm

Group Power*
AJ
8 - 8:45am

TRX x
Suspension
Training
Laura
9 - 9:45am

Silver
Sneakers
Boom*
Mailea
9 - 9:45am

Yoga +
Laura
10 - 10:45am

Silver
Sneakers
Yoga*
Terry
10 - 10:45am

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

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

Body Fusion*
Shelia
5 am- 5:45 am

R30 Cycle+
AJ
8 - 8:30am

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

Stronger U*
Laura
9 - 9:55am

Silver
Sneakers
Classic*
Jenny
10 - 10:45am

Deep Stretch +
Alyson
10 - 10:45am

Silver
Sneakers
Yoga*
Jeanne
11 - 11:45am

Rock Steady
Boxing*
12 - 1:30pm

TBC*
Octavia
4:30-5:15pm

Group Active*
AJ
9 - 9:45am

Strength &
Conditioning
x
Chrissy
10 - 10:45am

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

Strength &
Endurance*
Harrie
Oct. 2nd, 9th,
16th, & 30th,
4:30 -
5:15pm

Yoga +
Mailea
4:30-5:15pm

Restorative
Yoga+
Mailea
5:30-6:00pm

TBC*
Octavia
9 - 9:45am

Zumba*
Staff
10 - 10:45am

Dance
Fitness*
Harrie
Oct. 3rd, 10th,
17th, & 31st
11- 11:45am



"It's more than
a workout. It's
the feeling of
getting
stronger, the
encouragement
of community,
the confidence
to challenge
yourself, and
the excitement
to come back
and do it all
again."

*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.

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.

Restorative Yoga– A gentle, relaxing class designed to help release tension, improve flexibility, and calm the mind. Through supported poses, gentle stretching, and focused breathing, you'll encourage relaxation and mindful movement. Perfect for all fitness levels.

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 Boom®–the class focuses on core strength, lower-body conditioning, and overall functional movement, while incorporating mindful movements designed to help relax and refresh the body and mind.

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 & Conditioning–Get ready to move, sweat, and get stronger! This high-energy workout combines strength, cardio, and functional exercises through a variety of stations. Work at your own pace while challenging your entire body and improving strength, endurance, and fitness. All fitness levels are welcome!

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.

Yoga–A mindful, low-impact class that combines gentle movement, stretching, balance, and breathing techniques. Improve flexibility, strength, mobility, and body awareness while helping to reduce stress and promote relaxation. Suitable for all fitness levels, with modifications provided as needed.

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.