



**Group Fitness @ Hopkins County Family YMCA**  
August 12th - September 30th

150 YMCA Drive  
MADISONVILLE, KY 42431  
(270) 821-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>Group Cycling</b> Kilee Beshear 5:15am - 6:15am	<b>Max Interval Training</b> Mike Davenport 5:30am - 6am	<b>Body Pump</b> Melissa Taylor 5:15am - 6:15am	<b>Max Interval Training</b> Mike Davenport 5:30am - 6am	<b>Suspension Fit</b> Troy Whitehair 5:30am - 6:30am		
	<b>Body Pump</b> Melissa Taylor 5:15am - 6:15am		<b>Group Cycling</b> Kilee Beshear 5:15am - 6:15am		<b>Max Interval Training</b> Mike Davenport 5:30am - 6am		
	<b>Suspension Fit</b> Troy Whitehair 5:30am - 6:30am		<b>Suspension Fit</b> Troy Whitehair 5:30am - 6:30am				
8am	<b>Body Pump</b> Laura DiFabio 8:15am - 9:15am	<b>Toning</b> Lori Richardson 8am - 9am	<b>Body Pump</b> Laura DiFabio 8:15am - 9:15am	<b>Toning</b> Laura DiFabio 8am - 9am	<b>Body Pump</b> Laura DiFabio 8:15am - 9:15am		
	<b>Tabata</b> Laurie Oakley 8:15am - 9:15am	<b>Arthritis Aquatics</b> Pam Stuart 8:30am - 9:15am	<b>Tabata</b> Laurie Oakley 8:15am - 9:15am	<b>Arthritis Aquatics</b> Pam Stuart 8:30am - 9:15am	<b>Water Walking</b> Jill Quinn 8:30am - 9:30am		
	<b>Water Walking</b> Jill Quinn 8:30am - 9:30am		<b>Water Walking</b> Jill Quinn 8:30am - 9:30am				
9am	<b>AOA</b> Pam Stuart 9:30am - 10:30am	<b>Zumba Tone</b> Laurie Oakley 9am - 10am	<b>AOA</b> Pam Stuart 9:30am - 10:30am	<b>Zumba Tone</b> Laurie Oakley 9am - 10am	<b>AOA</b> Lori Richardson 9:30am - 10:30am	<b>HIIT</b> Whitney & Sean Watts 9am - 10am	
10am	<b>Pilates</b> Brittney Wells 10am - 11am						
4pm	<b>HIIT</b> Whitney & Sean Watts 4:30pm - 5:30pm	<b>Boot Camp</b> Lora Ellis 4:15pm - 5:15pm	<b>HIIT</b> Whitney & Sean Watts 4:30pm - 5:30pm	<b>Boot Camp</b> Lora Ellis 4:15pm - 5:15pm			
5pm	<b>Group Cycling</b> Sarah Wittington 5:30pm - 6:30pm	<b>Body Pump</b> Missy Canler 5:15pm - 6:15pm	<b>Group Cycling</b> Sarah Wittington 5:30pm - 6:30pm	<b>Body Pump</b> Missy Canler 5:15pm - 6:15pm			
	<b>Kardio Kombat</b> Kristi Rudd 5:30pm - 6:30pm	<b>Zumba Tone</b> Laurie Oakley 5:15pm - 6:15pm	<b>Kardio Kombat</b> Kristi Rudd 5:30pm - 6:30pm	<b>Zumba Tone</b> Laurie Oakley 5:15pm - 6:15pm			
6pm	<b>Yoga</b> Sylvia Mercer 6:30pm - 7:30pm		<b>Yoga</b> Sylvia Mercer 6:30pm - 7:30pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



## Class Descriptions Hopkins County Family YMCA

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**AOA** - Active Older Adult. 50 years of age and older. Cardio and toning (FREE TO COMMUNITY). Location: Gym

**Arthritis Aquatics** - Water exercises designed to improve joint flexibility and relieve pain and stiffness (It is not necessary to know how to swim ~ FREE TO COMMUNITY). Location: Pool.

**Body Pump** - 60-minute barbell class that shapes & tones your entire body

**Boot Camp** - With the use of various types of equipment and floor work, you are guaranteed a great workout for the entire hour. This class is for all fitness levels, beginner to advanced. Location: Studio B.

**Group Cycling** - Saddle up and experience the most enjoyable and effective workouts ever. Our spinning classes are ideal for people of all levels of fitness and experience, weather you are new to exercise or a regular gym junkie! Location: Cycling Studio.

**HIIT** - HIIT stands for High Intensity Interval Training! Combines agility and cross training along with weightlifting to keep the calories burning even after class! Location: Gym.

**Kardio Kombat** - Kick, punch and sweat your way to fitness in this high energy, fun class. Location: Studio B.

**Max Interval Training** - Hi Lo Interval training. Fast paced for the early bird! Location: Gym.

**Pilates** - Pilates exercises train several muscle groups at once in smooth, continuous movements. By developing proper technique, you can actually re-train your body to move in safer, more efficient patterns of motion. Location: Studio A.

**Suspension Fit** - TRX Suspension Training makes gravity your resistance, so adjusting the level of difficulty is as easy as moving your hands or feet, and progression is limitless. Location: Turf.

**Tabata** - High Intensity/Short Duration cardio & strength class. Location: Gym.

**Water Walking** - Water Walking is all about moving in the water, using the water as your resistance. This class can be as easy or as hard as you make it!

**Yoga** - Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India.

**Zumba Tone** - Aerobic, Latin-inspired dance class with various toning exercises included. Location: Studio A.