

Hopkins County Family YMCA Group X Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio B 5:15AM - 6:15AM BODYPUMP™ 6:30AM - 8:15AM On Demand 8:30AM - 9:30AM Sweat 10:00AM - 10:45AM On Demand 11:00AM - 11:45AM VIRTUAL BODYPUMP 45 Mins 12:00PM - 1:00PM On Demand 1:00PM - 2:15PM On Demand 2:30PM - 3:30PM On Demand 4:15PM - 5:15PM BODYPUMP™ 5:30PM - 6:30PM VIRTUAL BODYCOMBAT 60 Mins 6:30PM - 7:15PM VIRTUAL BODYFLOW 45 Mins 7:30PM - 8:30PM On Demand	Studio B 5:15AM - 6:15AM VIRTUAL BODYPUMP 60 Mins 6:30AM - 7:30AM On Demand 9:15AM - 9:45AM VIRTUAL CORE 30 Mins 10:00AM - 10:45AM On Demand 11:00AM - 11:45AM VIRTUAL BODYCOMBAT 45 Mins 12:00PM - 1:00PM On Demand 1:00PM - 2:15PM On Demand 2:30PM - 3:30PM On Demand 4:45PM - 5:45PM Toning 6:30PM - 7:30PM VIRTUAL BODYCOMBAT 60 Mins 7:45PM - 8:45PM On Demand	Studio B 5:15AM - 6:15AM BODYPUMP™ 6:30AM - 8:15AM On Demand 8:30AM - 9:30AM Sweat 10:00AM - 10:45AM On Demand 11:00AM - 11:45AM VIRTUAL BODYPUMP 45 Mins 12:00PM - 1:00PM On Demand 1:00PM - 2:15PM On Demand 2:30PM - 3:30PM On Demand 4:15PM - 5:15PM BODYPUMP™ 5:30PM - 6:30PM VIRTUAL BODYCOMBAT 60 Mins 6:30PM - 7:15PM VIRTUAL BODYFLOW 45 Mins 7:30PM - 8:30PM On Demand	Studio B 5:15AM - 6:15AM VIRTUAL BODYPUMP 60 Mins 6:30AM - 7:30AM On Demand 9:15AM - 9:45AM LES MILLS CORE 10:00AM - 10:45AM On Demand 11:00AM - 11:45AM VIRTUAL BODYCOMBAT 45 Mins 12:00PM - 1:00PM On Demand 1:00PM - 2:15PM On Demand 2:30PM - 3:30PM On Demand 4:45PM - 5:45PM Toning 6:30PM - 7:30PM VIRTUAL BODYCOMBAT 60 Mins 7:45PM - 8:45PM On Demand	Studio B 5:15AM - 6:15AM VIRTUAL BODYPUMP 60 Mins 6:30AM - 8:15AM On Demand 8:30AM - 9:30AM Sweat 10:00AM - 10:45AM On Demand 11:00AM - 11:45AM VIRTUAL BODYPUMP 45 Mins 12:00PM - 1:00PM On Demand 1:00PM - 2:15PM On Demand 2:30PM - 3:30PM On Demand 4:15PM - 5:15PM BODYPUMP™ 5:30PM - 6:30PM VIRTUAL BODYCOMBAT 60 Mins	Studio B 8:30AM - 9:30AM On Demand 9:30AM - 10:30AM On Demand 10:30AM - 11:30AM On Demand 11:30AM - 12:30PM On Demand 12:30PM - 1:30PM On Demand 1:30PM - 2:30PM On Demand 2:30PM - 3:30PM On Demand 3:30PM - 4:30PM On Demand	Studio B 1:00PM - 2:00PM On Demand 2:00PM - 3:00PM On Demand 3:00PM - 4:00PM On Demand 4:00PM - 5:00PM On Demand
Cycle Room 5:30PM - 6:30PM Group Cycling	Studio A 5:15AM - 6:15AM Yoga 7:15AM - 8:15AM HIIT Virtual 9:00AM - 10:00AM Zumba Tone 4:00PM - 5:00PM Yoga 5:15PM - 6:15PM Zumba Tone	Studio A 11:00AM - 12:00PM Silver Sneakers Virtual	Studio A 5:15AM - 6:15AM Yoga 9:00AM - 10:00AM Zumba Tone 4:00PM - 5:00PM Yoga 5:15PM - 6:15PM Zumba Tone	Studio A 7:15AM - 8:15AM Yoga Virtual 8:15AM - 9:15AM Dance 2 Fit 11:00AM - 12:00PM Silver Sneakers Virtual	Gym 9:00AM - 10:00AM HIIT	
Pool 8:30AM - 9:30AM Water Walking		Cycle Room 5:30PM - 6:30PM Group Cycling	Cycle Room 5:15AM - 6:15AM Group Cycling	Pool 8:30AM - 9:30AM Water Walking	Pool 8:30AM - 9:30AM Water Walking	
Gym 8:15AM - 9:15AM Tabata 9:30AM - 10:15AM Active Older Adults 4:30PM - 5:30PM HIIT	Cycle Room 5:15AM - 6:15AM Group Cycling	Pool 8:30AM - 9:30AM Water Walking	Pool 8:30AM - 9:15AM Arthritis Aquatics	Gym 5:30AM - 6:15AM Max Interval Training 9:30AM - 10:15AM Active Older Adults	Gym 5:30AM - 6:15AM Max Interval Training 9:30AM - 10:15AM Active Older Adults	
Turf/Cardio Room 5:30AM - 6:30AM TRX Suspension Training	Gym 5:30AM - 6:15AM Max Interval Training 9:30AM - 10:15AM Forever Fit	Gym 8:15AM - 9:15AM Tabata 9:30AM - 10:15AM Active Older Adults 4:30PM - 5:30PM HIIT	Gym 5:30AM - 6:15AM Max Interval Training 9:30AM - 10:15AM Forever Fit	Turf/Cardio Room 5:30AM - 6:30AM TRX Suspension Training	Turf/Cardio Room 5:30AM - 6:30AM TRX Suspension Training	
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Active Older Adults

Strengthen muscles and increase range of movement in a fun social environment that includes cardio and toning.

Arthritis Aquatics

Water exercises designed to improve joint flexibility and relieve pain and stiffness. It is not necessary to know how to swim.

LES MILLS BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

Dance 2 Fit

Dance 2 Fit uses hip hop music to create an aggressive but rewarding full body workout to burn calories and tone- enjoy at your own pace.

Forever Fit

A low impact class in a fun social environment to work on upper and lower body strength, balance, and flexibility. Increase your range of movement for daily life- 50 years of age and older.

Group Cycling

Build your endurance, strength, and heart health as you experience bursts of speed and recovery periods on a stationary bike.

HIIT

HIIT stands for High Intensity Interval Training! It combines agility and cross training along with weight lifting to keep the calories burning even after class. Modify for your level and experience. Each class is different

HIIT Virtual

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LES MILLS CORE

LES MILLS CORE provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

Max Interval Training

Hi Lo interval training fast paced for the early bird!

Silver Sneakers Virtual

Improve strength, flexibility, balance and endurance. This program combines health, wellness and fitness so seniors feel empowered and build friendships.

Sweat

This class focuses on endurance strength training using a combination of free weights, resistance bands, barbells, and more to target different muscle groups in each class.

Tabata

High intensity/short duration cardio and strength class. Each class uses a variety of equipment and exercises

Toning

Focuses on strengthening and toning with light cardio using a variety of weights and exercises.

TRX Suspension Training

TRX Suspension Training makes gravity your resistance using training straps so adjusting the level of difficulty is as easy as moving your hands or feet and progression is limitless. Great for strength and balance.

LES MILLS BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

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LES MILLS BODYFLOW

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LES MILLS BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

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LES MILLS CORE

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

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

Improve flexibility practicing various physical postures, breathing techniques, and sometimes meditation to promote physical and emotional well being.

Zumba Tone

Aerobic Latin inspired dance class with a touch of hip hop and various toning exercises included.



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