



Group Fitness @ Hopkins County Family YMCA
March 15th - May 1st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Group Cycling Kilee Beshear 5:15am - 6:15am	Tone and Sculpt Barre Stephanie Gamblin 5:15am - 6:15am	Group Cycling Kilee Beshear 5:15am - 6:15am	Tone and Sculpt Barre Stephanie Gamblin 5:15am - 6:15am	Suspension Fit Troy Whitehair 5:30am - 6:30am		
	Body Pump Melissa Taylor 5:15am - 6:15am	Max Interval Training Mike Davenport 5:30am - 6am	Body Pump Melissa Taylor 5:15am - 6:15am	Max Interval Training Mike Davenport 5:30am - 6am	Max Interval Training Mike Davenport 5:30am - 6am		
	Suspension Fit Troy Whitehair 5:30am - 6:30am		Suspension Fit Troy Whitehair 5:30am - 6:30am				
8am	Body Pump Laura DiFabio 8:15am - 9:15am	Toning Lori Richardson 8am - 9am	Body Pump Laura DiFabio 8:15am - 9:15am	Toning Laura DiFabio 8am - 9am	Dance 2 Fit Whitney Murphy 8:15am - 9:15am		
	Tabata Laurie Oakley 8:15am - 9:15am	Arthritis Aquatics Pam Stuart 8:30am - 9:15am	Tabata Laurie Oakley 8:15am - 9:15am	Arthritis Aquatics Pam Stuart 8:30am - 9:15am	Body Pump Laura DiFabio 8:15am - 9:15am		
	Water Walking Jill Quinn 8:30am - 9:30am		Water Walking Jill Quinn 8:30am - 9:30am		Water Walking Jill Quinn 8:30am - 9:30am		
9am	AOA Pam Stuart 9:30am - 10:30am	Zumba Tone Laurie Oakley 9am - 10am	AOA Pam Stuart 9:30am - 10:30am	Zumba Tone Laurie Oakley 9am - 10am	AOA Lori Richardson 9:30am - 10:30am	HIIT Whitney & Sean Watts 9am - 10am	
						Tone and Sculpt Barre Stephanie Gamblin 9am - 10am	
3pm							Boot Camp Amy Tippet 3pm - 4pm
4pm	Sports Performance Training Albert Jackson 4:30pm - 5:30pm	Tone and Sculpt Barre Missy Leet 4:15pm - 5:15pm	Sports Performance Training Albert Jackson 4:30pm - 5:30pm	Tone and Sculpt Barre Missy Leet 4:15pm - 5:15pm	Group Cycling Whitney Watts 4:30pm - 5:30pm		
	HIIT Whitney & Sean Watts 4:30pm - 5:30pm	Boot Camp Karey Roy 4:15pm - 5:15pm	HIIT Whitney & Sean Watts 4:30pm - 5:30pm	Boot Camp Karey Roy 4:15pm - 5:15pm			
	Kids Yoga Angela Parkerson 4:30pm - 5:30pm		Kids Yoga Angela Parkerson 4:30pm - 5:30pm				
5pm	Group Cycling Sarah Wittington 5:30pm - 6:30pm	Zumba Tone Laurie Oakley 5:15pm - 6:15pm	Group Cycling Sarah Wittington 5:30pm - 6:30pm	Zumba Tone Laurie Oakley 5:15pm - 6:15pm	Tone and Sculpt Barre Stephanie Gamblin 5:30pm - 6:30pm		
	Kardio Kombat Kristi Rudd 5:30pm - 6:30pm	Body Pump Missy Leet 5:15pm - 6:15pm	Kardio Kombat Kristi Rudd 5:30pm - 6:30pm	Body Pump Missy Leet 5:15pm - 6:15pm			
6pm	Yoga Sylvia Mercer 6:30pm - 7:30pm		Yoga Sylvia Mercer 6:30pm - 7:30pm	Yoga 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, and strengthens your entire body with high repetition movements.

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 can be modified for all levels and is different each week!. Location: Studio B.

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. Studio A

Group Cycling - Build your endurance, strength, and heart health as you experience bursts of speed and recovery periods on a stationary bike. Great for all levels of fitness! 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! Modify for your level and experience a variety each class. Location: Gym.

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

Kids Yoga - Fun, Interactive class providing students the opportunity to connect to themselves and the group while gaining flexibility, strength, and confidence. Ages 5-12 Studio A (parent must participate, observe, or wait outside the room)

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

Sports Performance Training - This training will increase an athlete's strength, power, speed, quickness, agility, coordination, mental toughness, aerobic endurance, flexibility and skill development. For ages 12-18. Studio B.

Suspension Fit - 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. Location: Turf in Cardio Room

Tabata - High Intensity/Short Duration cardio & strength class. Each class uses a variety of equipment and exercises. Location: Gym.

Tone and Sculpt Barre - Full body toning for all fitness levels that fuses yoga, pilates, strength training, and ballet targeting specific muscles and improving flexibility. Upstairs

Toning - Focuses on strengthening and toning with light cardio using a variety of weights and exercises. Studio B

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 various toning exercises included. Location: Studio A.