

Hopkins County Family YMCA Group X Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio B 5:15AM - 6:15AM BODYPUMP™ 6:30AM - 7:30AM On Demand 8:00AM - 8:30AM VIRTUAL GRIT Cardio 9:00AM - 9:30AM VIRTUAL CXWORX 10:00AM - 10:45AM On Demand 11:00AM - 11:45AM VIRTUAL BODYPUMP 12:00PM - 12:30PM VIRTUAL GRIT Cardio 12:30PM - 1:00PM VIRTUAL CXWORX 1:15PM - 2:15PM On Demand 2:30PM - 3:30PM On Demand 4:15PM - 5:15PM BODYPUMP™ 5:30PM - 6:30PM VIRTUAL BODYCOMBAT 6:30PM - 7:15PM VIRTUAL BODYFLOW 7:30PM - 8:30PM On Demand Studio A 10:00AM - 11:00AM Yoga Virtual 11:00AM - 12:00PM Silver Sneakers Virtual Cycle Room 5:30PM - 6:30PM Group Cycling Pool 8:30AM - 9:30AM Water Walking Gym 9:30AM - 10:15AM Active Older Adults	Studio B 5:15AM - 6:15AM VIRTUAL BODYPUMP 6:30AM - 7:30AM On Demand 8:00AM - 9:00AM VIRTUAL BODYCOMBAT 9:15AM - 9:45AM VIRTUAL CXWORX 10:00AM - 10:45AM On Demand 11:00AM - 11:45AM VIRTUAL BODYCOMBAT 1:15PM - 2:15PM On Demand 2:30PM - 3:30PM On Demand 5:15PM - 5:45PM VIRTUAL GRIT Cardio 6:30PM - 7:30PM VIRTUAL BODYCOMBAT 7:45PM - 8:45PM On Demand Studio A 4:00PM - 5:00PM Yoga Cycle Room 5:15AM - 6:15AM Group Cycling Pool 8:30AM - 9:15AM Arthritis Aquatics Gym 9:30AM - 10:15AM Forever Fit	Studio B 5:15AM - 6:15AM BODYPUMP™ 6:30AM - 7:30AM On Demand 8:00AM - 8:30AM VIRTUAL GRIT Strength 9:00AM - 9:30AM VIRTUAL CXWORX 10:00AM - 10:45AM On Demand 11:00AM - 11:45AM VIRTUAL BODYPUMP 12:00PM - 12:30PM VIRTUAL GRIT Strength 12:30PM - 1:00PM VIRTUAL CXWORX 1:15PM - 2:15PM On Demand 2:30PM - 3:30PM On Demand 4:15PM - 5:15PM BODYPUMP™ 5:30PM - 6:30PM VIRTUAL BODYCOMBAT 6:30PM - 7:15PM VIRTUAL BODYFLOW 7:30PM - 8:30PM On Demand Studio A 10:00AM - 11:00AM Yoga Virtual 11:00AM - 12:00PM Silver Sneakers Virtual Cycle Room 5:30PM - 6:30PM Group Cycling Pool 8:30AM - 9:30AM Water Walking Gym 9:30AM - 10:15AM Active Older Adults	Studio B 5:15AM - 6:15AM VIRTUAL BODYPUMP 6:30AM - 7:30AM On Demand 8:00AM - 9:00AM VIRTUAL BODYCOMBAT 9:15AM - 9:45AM VIRTUAL CXWORX 10:00AM - 10:45AM On Demand 11:00AM - 11:45AM VIRTUAL BODYCOMBAT 1:15PM - 2:15PM On Demand 2:30PM - 3:30PM On Demand 5:15PM - 5:45PM VIRTUAL GRIT Cardio 6:30PM - 7:30PM VIRTUAL BODYCOMBAT 7:45PM - 8:45PM On Demand Studio A 4:00PM - 5:00PM Yoga Cycle Room 5:15AM - 6:15AM Group Cycling Pool 8:30AM - 9:15AM Arthritis Aquatics Gym 9:30AM - 10:15AM Forever Fit	Studio B 5:15AM - 6:15AM VIRTUAL BODYPUMP 6:30AM - 7:30AM On Demand 8:00AM - 8:30AM VIRTUAL GRIT Cardio 9:00AM - 9:30AM VIRTUAL CXWORX 10:00AM - 10:45AM On Demand 11:00AM - 11:45AM VIRTUAL BODYPUMP 12:00PM - 12:30PM VIRTUAL GRIT Cardio 12:30PM - 1:00PM VIRTUAL CXWORX 1:15PM - 2:15PM On Demand 2:30PM - 3:30PM On Demand 4:15PM - 5:15PM BODYPUMP™ 5:30PM - 6:30PM VIRTUAL BODYCOMBAT 6:30PM - 7:15PM VIRTUAL BODYFLOW 7:30PM - 8:30PM On Demand Studio A 11:00AM - 12:00PM Silver Sneakers Virtual Pool 8:30AM - 9:30AM Water Walking Gym 9:30AM - 10:15AM Active Older Adults	Studio B 8:00AM - 9:00AM On Demand 9:30AM - 10:30AM On Demand 11:00AM - 12:00PM On Demand 12:30PM - 1:30PM On Demand 2:00PM - 3:00PM On Demand 3:30PM - 4:30PM On Demand	1:00PM - 2:00PM On Demand 2:30PM - 3:30PM On Demand

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.

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.

ONDEMAND

On Demand

Silver Sneakers Virtual

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

LES MILLS BODYCOMBAT

Learn the basic moves and format of a LES MILLS BODYCOMBAT workout in this quick introduction.

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

Learn the basic moves and format of a LES MILLS BODYPUMP workout in this quick introduction.

LES MILLS CXWORX

Learn the basic moves and format of a LES MILLS CXWORX workout in this quick introduction.

LES MILLS GRIT | CARDIO

Learn the basic moves and format of a LES MILLS GRIT workout in this quick introduction.

LES MILLS GRIT | STRENGTH

Learn the basic moves and format of a LES MILLS GRIT workout in this quick introduction.

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.

Yoga Virtual

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



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