



# GROUP FITNESS

C.M. Gatton Beaumont YMCA  
Monday, 11/6 - Tuesday, 11/14

## KEY: **STRENGTH**, **CARDIO**, **BLENDED**, **MIND/BODY**

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday   | Sunday  |
|--|--|--|---|--|--|---|
| 6-6:50am<br>Triple Threat<br>Heather - GX                        | 5:45-6:45am<br>Indoor Cycling<br>Jeff - GX               | 6-6:50am<br>Triple Threat<br>Heather - GX                        | 6-6:50am<br>MetKon RX<br>Heather - GX                           |  | 7-8am<br>Indoor Cycling<br>Jeff - GX                           |   |
| 9-9:50am<br>Triple Threat<br>Pam - GX                            | 9-9:50am<br>Cardio Fusion<br>Debbie - GX                 | 9-9:50am<br>Kickbox Fusion<br>Pam - GX                           | 8-8:50am<br>Step<br>Debbie - GX                                 | 9-9:50am<br>Power Hour<br>Pam - GX   | 8-8:25am<br>Gym Class*<br>Steph/Liz - GX                       |   |
| 10-10:50am<br>Gentle Yoga<br>Monica - MB                         | 9:45-10:45am<br>Yoga Flow<br>Josette - MB                | <b>9-9:50am</b><br><b>Mat Pilates</b><br>Monica - MB             | 9-9:50am<br>Strength Fusion<br>Debbie - GX                      | 10-10:50am<br>Functional Fitness<br>Nicole - GX                            | <b>8:30-9:20am</b><br><b>Strength Fusion</b><br>Steph/Liz - GX |   |
| <b>10-10:45am</b><br><b>LIFT</b><br>Michelle - GX                | <b>10-10:45am</b><br><b>LIFT</b><br>Pam - GX             | 10-10:50am<br>Indoor Cycling<br>Jenny - GYM                      | 9:45-10:45am<br>Yoga Flow<br>Josette - MB                       | 10-10:50pm<br>Mat Pilates*<br>Monica - MB                                  | 9:30-10:20am<br>Barre<br>Rotating - GX                         |   |
| <b>10:15-11am</b><br><b>Sport Core</b><br>Nikki - PTC            | 11-11:50am<br>Low Impact Cardio<br>Suba - GX             | <b>10-10:45am</b><br><b>LIFT*</b><br>Michelle - GX               | 11-11:50am<br>Barre<br>Monika - GX                              | 10:15-11am<br>Sport Core<br>Nikki - PTC                                    | 10:30-11:20am<br>Yoga*<br>Monica L. - GX                       |   |
| 11-11:50am<br>Functional Fitness<br>Nicole - Gym                 |  | <b>10:15-11am</b><br><b>Kettlebell</b><br>Phoebe - PTC           |   | 11-11:50am<br>Zumba Gold*<br>Ellen - GX                                    |  |   |
| <b>12-12:30am</b><br><b>Mindful Meditation</b><br>Sebastian - MB |  | 11-11:50am<br>Functional Fitness<br>Ellen - GX                   |   | <b>11-11:50am</b><br><b>Stability Ball</b><br>Monika - MB                  |  | <b>2-2:50pm</b><br><b>Strength Circuit</b><br>Sebastian - PTC |
|  |  | <b>12-12:30pm</b><br><b>Mindful Meditation</b><br>Sebastian - MB |   | <b>12-12:45pm</b><br><b>Yoga for</b><br><b>Osteoporosis</b><br>Jen P. - MB |  | 2-2:50pm<br>Zumba<br>Kim - GX                                 |
|  |  |  |   |  |  | 3-4pm<br>Yoga<br>Josette - MB                                 |
| 5:15-5:55pm<br>HIIT Circuit*<br>Holly - PTC                      | <b>5:15-5:55pm</b><br><b>Sport Core</b><br>Shelley - PTC | 5:15-5:55pm<br>HIIT Circuit*<br>Holly - PTC                      | <b>5:15-5:55pm</b><br><b>Strength Circuit</b><br>Michelle - PTC |  |  |   |
| 6-6:50pm<br>Barre<br>Stephanie M. - GX                           | 5:45-6:45pm<br>Power Hour<br>Stephanie A. - GX           | 6-6:50pm<br>LIFT<br>Stephanie M. - GX                            | 6-6:50pm<br>Kickbox Fusion*<br>Suba - GX                        |  |  |   |
| 6-7pm<br>Indoor Cycling<br>Heather - GYM                         | 6-6:30pm<br>Indoor Cycling<br>Express*<br>Scarlet - GYM  | <b>6-7pm</b><br><b>Cycle &amp; Core</b><br>Jeff - GYM            | 6-7pm<br>Indoor Cycling<br>Jeff - GYM                           |  |  |   |
| 7-7:45pm<br>Xtreme Hip Hop Step<br>Courtney - GX                 | 6-7pm<br>Yoga/Mat Pilates<br>Fusion*<br>Monika - MB      | 6:30-7:30pm<br>Yoga*<br>Jen - MB                                 | <b>7-7:50pm</b><br><b>Beginner Yoga*</b><br>Jordan - MB         |  |  |   |
|  | 7-7:50pm<br>Zumba*<br>Ellen - GX                         |  |   |  |  |   |

Studio Key

GX - Group Exercise Studio  
MB - Mind/Body Studio  
GYM - Gymnasium  
PTC - Performance Training Center

Classes in **BOLD** print are pop-ups!

For more info contact:  
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