



HOPKINS COUNTY FAMILY YMCA GROUP EX SCHEDULE

MON	TUES	WED	THURS	FRI	SAT	SUN
TRX SUSPENSION 5:30AM-6:30AM TURF/CARDIO	GROUP CYCLING 5:15am-6:15am CYCLING STUDIO	TRX SUSPENSION 5:30AM-6:30AM TURF/CARDIO	MAX INTERVAL TRAINING 5:30AM-6:00AM STUDIO B	GROUP CYCLING 5:15AM-6:15AM CYCLING STUDIO	GROUP POWER 8:45AM-9:45AM STUDIO B	HOT 30: STRENGTH 1:30PM-2:00PM YOGA STUDIO
BODYPUMP™ 5:30AM-6:30AM STUDIO B	MAX INTERVAL TRAINING 5:30AM-6:00AM STUDIO B	BODY PUMP™ 5:30AM-6:30AM STUDIO B	HOT YOGA 5:30AM-6:30AM YOGA STUDIO	BODY PUMP™ 5:30AM-6:30AM STUDIO B	WATER X 9:00AM-9:45AM POOL	HOT YOGA SCULPT 3:00PM-4:00PM YOGA STUDIO
STRENGTH 8:15AM-9:15AM GYM	ZUMBA TONE 8:15AM-9:15AM STUDIO A	STRENGTH 8:15AM-9:15AM GYM	ZUMBA TONE 8:15AM-9:15AM STUDIO A	MAX INTERVAL TRAINING 5:30AM-6:00AM STUDIO B	BODY PUMP™ 10:00AM-10:45AM STUDIO B	YOGA 3:45PM-4:45PM STUDIO B
SWEAT 8:30AM-9:30AM STUDIO B	ARTHRITIS AQUATICS 8:30AM-9:15AM POOL	SWEAT 8:30AM-9:30AM STUDIO B	ARTHRITIS AQUATICS 8:30AM-9:15AM POOL	SWEAT 8:30AM-9:30AM STUDIO B	INTRO TO AQUATICS 10:00AM-10:45AM POOL	
HOT YOGA 8:30AM-9:30AM STUDIO B	HOT PILATES 8:30AM-9:30AM YOGA STUDIO	HOT YOGA 8:30AM-9:30AM YOGA STUDIO	HOT PILATES 8:30AM-9:30AM YOGA STUDIO	WATER WALKING 8:30AM-9:30AM POOL	HOT YOGA 10:00AM-11:00AM YOGA STUDIO	
WATER WALKING 8:30AM-9:30AM POOL	FOREVER FIT 9:30AM - 10:30AM GYM	WATER WALKING 8:30AM-9:30AM POOL	FOREVER FIT 9:30AM-10:30AM GYM	FOREVER FIT 9:30AM-10:30AM GYM	ZUMBA 11:00AM-12:00PM STUDIO B	
ACTIVE OLDER ADULTS 9:30AM-10:30AM GYM		ACTIVE OLDER ADULTS 9:30AM-10:30AM GYM		ACTIVE OLDER ADULTS 9:30AM-10:30AM STUDIO B		
ROCK STEADY BOXING 11:00AM-12:00PM GYM		ROCK STEADY BOXING 11:00AM-12:00PM GYM		ROCK STEADY BOXING 11:00AM-12:00PM GYM		
STRONGER 4:15PM-5:00PM GYM		STRONGER 4:15PM-5:00PM GYM				



SCAN ME
FOR CLASS
RESERVATIONS

MIND AND BODY

WELLNESS 50+

TOTAL FITNESS

STRENGTH

AQUATICS

CARDIO

UPDATED 02/09/2026



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