

HOPKINS COUNTY FAMILY YMCA

GROUP EX SCHEDULE



MON	TUES	WED	THURS	FRI	SAT
TRX SUSPENSION 5:30AM-6:30AM TURF/CARDIO	MAX INTERVAL TRAINING 5:30AM-6:00AM STUDIO B	TRX SUSPENSION 5:30AM-6:30AM TURF/CARDIO	MAX INTERVAL TRAINING 5:30AM-6:00AM STUDIO B	GROUP CYCLING 5:15AM-6:15AM CYCLING	BARBELLES 8:45AM-9:45AM GYM
BODY PUMP 5:30AM-6:30AM STUDIO B	ZUMBA TONE 8:15AM-9:15AM STUDIO A	BODY PUMP 5:30AM-6:30AM STUDIO B	HOT YOGA 5:30AM-6:30AM YOGA STUDIO	TRX SUSPENSION 5:30AM-6:30AM TURF/CARDIO	WATER X 9:00AM-9:45AM SMALL POOL
STRENGTH 8:15AM-9:15AM GYM	HOT YOGA 8:30AM-9:30AM YOGA STUDIO	STRENGTH 8:15AM-9:15AM GYM	BODY PUMP 8:00AM-9:00AM STUDIO B	BODY PUMP 5:30AM-6:30AM STUDIO B	RESTORATIVE YOGA 10:00AM-11:00AM STUDIO A
SWEAT 8:30AM-9:30AM STUDIO B	ARTHRITIS AQUATICS 8:30AM-9:15AM POOL	SWEAT 8:30AM-9:30AM STUDIO B	ZUMBA TONE 8:15AM-9:15AM STUDIO A	HOT YOGA 8:30AM-9:30AM YOGA STUDIO	HOT YOGA 10:00AM-11:00AM YOGA STUDIO
WATER WALKING 8:30AM-9:30AM POOL	FOREVER FIT 9:30AM-10:30AM GYM	HOT YOGA 8:30AM-9:30AM YOGA STUDIO	ARTHRITIS AQUATICS 8:30AM-9:15AM POOL	SWEAT 8:30AM-9:30AM STUDIO B	
HOT YOGA 9:30AM-10:30AM STUDIO B	YOGA 10:00AM-11:00AM STUDIO B	WATER WALKING 8:30AM-9:30AM POOL	HOT YOGA 9:15AM-10:15AM YOGA STUDIO	WATER WALKING 8:30AM-9:30AM POOL	
YOGA 9:45AM-10:30AM STUDIO B	CHAIR YOGA 10:30AM-11:15AM INTERGEN ROOM	ACTIVE OLDER ADULTS 9:30AM-10:30AM GYM	FOREVER FIT 9:30AM-10:30AM GYM	YOGA 8:45AM-9:45AM YOGA STUDIO	
ACTIVE OLDER ADULTS 9:30AM-10:30AM GYM	RHYTHM 4:15PM-5:00PM GYM	YOGA 9:45AM-10:45AM STUDIO B	YOGA 9:45AM-10:30AM STUDIO B	ACTIVE OLDER ADULTS 9:30AM-10:30AM GYM	
ROCK STEADY BOXING 11:00AM-12:00PM GYM		ROCK STEADY BOXING 11:00AM-12:00PM GYM	CHAIR YOGA 10:30AM-11:15AM INTERGEN ROOM	YOGA 10:00AM-11:00AM STUDIO A	
STRONGER 4:15PM-5:00PM GYM		STRONGER 4:15PM-5:00PM GYM	RHYTHM 4:15PM-5:00PM GYM	ROCK STEADY BOXING 11:00AM-12:00PM GYM	
					YOGA
					AGING ADULT FOCUSED
					STRENGTH & CARDIO
					STRENGTH
					AQUATICS
					CARDIO



UPDATED 7/14/2025