

December CLASS SCHEDULE

Closed: Closed December 24, 25, and 31. Regular Hours Day After Christmas.

New Classes: Ballet, Cardio Conditioning, Family Yoga, Power Yoga & Pilates Mat

MONDAY

| START | END | CLASS | INSTRUCTOR | LOCATION | NOTES |
|----------------|----------------|-----------------------------|----------------|-----------------|------------------------------------|
| 6:30am | 7:15am | Core Strength | Nancy | Studio A | Medium Intensity Level |
| 7:00am | 7:45am | Deep Water Run | Sharon | Pool (CP) | High Intensity Level |
| 8:00am | 8:45am | Sittercise | Constance G. | Studio A | Light Intensity Level |
| 8:00am | 8:45am | A.B.C. | Ann | Pool (WP) | Medium Intensity Level |
| 8:45am | 9:45am | Power Yoga | Caitlin | Studio B | Medium/High Intensity Level |
| 9:00am | 12:00pm | Pickleball | Marcus/Albert | Gym | Intermediate/Advance Level |
| 9:00am | 9:45am | SilverSneakers® Classic | Constance G. | Studio A | Light Intensity Level |
| 9:00am | 9:45am | Deep Finning | Ann | Pool (CP) | Medium Intensity Level |
| 9:00am | 9:45am | Power Walk 1 | Brigitte | Pool (WP) | Medium Intensity Level |
| 10:00am | 10:45am | Splash Dance | Brigitte | Pool (WP) | Medium Intensity Level |
| 10:00am | 10:45am | SilverSneakers® Splash | Lynn | Pool (CP) | Medium Intensity Level |
| 10:00am | 11:00am | Yoga-Alignment Based | Ginny | Studio B | All Fitness Levels |
| 10:00am | 10:45am | Line Dancing | Claudia/Adam | Studio A | Light Intensity Level |
| 11:00am | 11:45am | Cardio Fit | Emma | Studio A | All Fitness Levels |
| 11:00am | 11:45am | Just My Speed | Lynn | Pool (WP) | Medium Intensity Level |
| 12:00pm | 12:45pm | Liquid Lunch | Willie | Pool (WP) | Medium Intensity Level |
| 12:00pm | 1:00pm | Beast Mode | Ted | Studio A | All Fitness Levels |
| 12:15pm | 1:30pm | Aerial Yoga | Shakira | Studio B | Must Pre-Register! |
| 5:30pm | 6:15pm | Insanity® | Mark | Studio A | High Intensity Level |
| 5:30pm | 6:30pm | Barre | Taryn | Studio B | New Time |
| 5:30pm | 6:30pm | Cycle Outdoor | Donna | Studio C | New Time |
| 5:45pm | 6:30pm | Making Waves | Patsy | Pool (WP) | Medium Intensity Level |
| 6:30pm | 7:30pm | Zumba | Jewel | Studio A | All Fitness Levels |
| 7:45pm | 8:45pm | Yoga | Dawanna | Studio B | All Fitness Levels |

TUESDAY - Dec 26th Wellness Center, Pool and Indoor Track will be open

| START | END | CLASS | INSTRUCTOR | LOCATION | NOTES |
|----------------|---------------|-------------------------------|----------------|-----------------|---------------------------------|
| 6:30am | 7:15am | Intervals | Nancy | Studio A | No Class Dec 19 & 26 |
| 8:00am | 8:45am | Sittercise | Lynn | Studio A | No Class Dec 26 |
| 8:00am | 8:45am | Core Barre | Taryn | Studio B | No Class Dec 26 |
| 9:00am | 9:45am | Fluid Yoga | Liz H | Pool | Medium Intensity Level |
| 9:00am | 9:45am | SilverSneakers® Yoga | Lynn E | Studio A | No Class Dec 26 |
| 9:00am | 9:45am | Strong, Stretch, & Balance | Emma | Studio B | No Class Dec 26 |
| 10:00am | 10:45am | Just My Speed | Tina | Pool | Light Intensity Level |
| 10:00am | 10:45am | Senior Classic | Emma | Studio A | No Class Dec 26 |
| 10:00am | 11:00am | Weight Training for Diabetics | Wellness Coach | Wellness Center | No Class Dec 26 |
| 10:00am | 11:00am | Yoga | Lynn | Studio B | No Class Dec 26 |
| 11:00am | 11:45am | Cardio Fit | Liz H | Studio A | No Class Dec 26 |
| 12:00pm | 1:00pm | Zumba Gold | Ana | Studio A | No Class Dec 26 |
| 12:00pm | 2:00pm | Pickleball | Brent | Gym | For Beginners |
| 12:00pm | 12:45pm | Liquid Lunch | Lynne H | Pool | Light Intensity Level |
| 12:30pm | 1:15pm | Pilates Mat | Taryn | Studio B | No Class Dec 26 |
| 5:30pm | 6:00pm | Cardio Conditioning | Emma | Studio A | No Class Dec 26 |
| 5:45pm | 6:30pm | Aqua HIT | Traci | Pool (CP) | No Class on Dec 14th |
| 6:00pm | 7:00pm | Beginner Yoga | Susan | Studio B | No Class Dec 26 |
| 6:15pm | 7:15pm | Beast Mode | Ted | Studio A | No Class Dec 26 |
| 7:30pm | 8:45pm | Aerial Yoga | Jami | Studio B | No Class Dec 26 |

WEDNESDAY

| START | END | CLASS | INSTRUCTOR | LOCATION | NOTES |
|----------------|----------------|----------------------------|----------------|-----------------|------------------------------------|
| 7:00am | 7:45am | Deep Water Run | Sharon | Pool (CP) | High Intensity Level |
| 8:00am | 8:45am | A.B.C. | Ann | Pool (WP) | Medium Intensity Level |
| 9:00am | 12:00pm | Pickleball | Albert | Gym | Intermediate/Advanced |
| 9:00am | 9:45am | Deep Finning | Ann | Pool (CP) | Medium Intensity Level |
| 9:00am | 9:45am | FitBody | Emma | Studio A | Medium Intensity Level |
| 9:00am | 9:45am | Power Walk 1 | Brigitte | Pool (WP) | Medium Intensity Level |
| 10:00am | 10:45am | SilverSneakers® Splash | Lynn | Pool (CP) | Medium Intensity Level |
| 10:00am | 10:45am | Senior Stretch | Emma | Studio A | Light Intensity Level |
| 10:00am | 11:00am | Yoga | Lynn | Studio B | All Fitness Levels |
| 10:00am | 10:45am | Splash Dance | Brigitte | Pool (WP) | Medium Intensity Level |
| 11:00am | 11:45am | Cardio Conditioning | Emma | Studio A | High Intensity Level |
| 11:00am | 11:45am | Just My Speed | Lynn | Pool (WP) | Medium Intensity Level |
| 11:15am | 12:00pm | Pilates | Hope | Studio B | All Fitness Levels |
| 12:00pm | 12:45pm | Liquid Lunch | Willie | Pool (WP) | Medium Intensity Level |
| 12:00pm | 1:00pm | Beast Mode | Ted | Studio A | High Intensity Level |
| 12:15pm | 1:15pm | Power Yoga | Caitlin | Studio A | Medium/High Intensity Level |
| 4:30pm | 5:15pm | Pilates Core | Mandy | Studio B | All Fitness Levels |
| 5:30pm | 6:15pm | Insanity® | Mark | Studio A | High Intensity Level |
| 5:30pm | 6:15pm | Barre Burn | Monica | Studio B | All Fitness Levels |
| 5:45pm | 6:30pm | Making Waves | Patsy | Pool (WP) | Medium Intensity Level |
| 6:30pm | 7:45pm | Aerial Yoga | Shakira | Studio B | Must Pre-Register! |
| 6:30pm | 7:15pm | Mixed Fit | Erica | Studio A | All Fitness Levels |

THURSDAY

| START | END | CLASS | INSTRUCTOR | LOCATION | NOTES |
|----------------|----------------|--------------------------------------|-----------------------|------------------------|---------------------------|
| 6:30am | 7:15am | Intervals | Nancy | Studio A | No Class Dec 28 |
| 8:00am | 8:45am | Sittercise | Monica | Studio A | Light Intensity Level |
| 8:30am | 9:15am | Core Barre | Taryn | Studio B | All Fitness Levels |
| 9:00am | 10:00am | Tai Chi Balance | James | Studio A | All Fitness Levels |
| 9:00am | 9:45am | Fluid Yoga | Liz H | Pool | Medium Intensity Level |
| 10:00am | 11:00am | Weight Training for Diabetics | Wellness Coach | Wellness Center | All Fitness Levels |
| 10:00am | 10:45am | SilverSneakers Yoga | Lynn | Studio A | Light Intensity Level |
| 10:00am | 10:45am | Just My Speed | Tina | Pool (WP) | Light Intensity Level |
| 10:00am | 11:00am | Yoga-Alignment Based | Ginny | Studio B | All Fitness Levels |
| 11:00am | 11:45am | SilverSneakers® Classic | Lynn | Studio A | Light Intensity Level |
| 12:00pm | 2:00pm | Pickleball | Brent | Gym | For Beginners |
| 12:00pm | 12:45p | Liquid Lunch | Lynne H | Pool | Light Intensity Level |
| 12:30pm | 1:15pm | Pilates Mat | Taryn | Studio B | New Time |
| 4:00pm | 4:30pm | Yoga for Kids | Christine | Studio B | All Fitness Levels |
| 4:45pm | 5:15pm | Family Yoga | Christine | Studio B | All Fitness Levels |
| 5:00pm | 6:00pm | Cardio Conditioning | Emma | Studio A | New Time |
| 5:45pm | 6:30pm | AquaHITT | Traci | Pool (CP) | High Intensity Level |
| 5:45pm | 6:45pm | Yoga | Dawanna | Studio B | All Fitness Levels |
| 6:05pm | 7:00pm | Beast Mode | Ted | Studio A | High Intensity Level |
| 6:45pm | 7:45pm | Barre | Taryn | Studio B | New Time |
| 7:05pm | 8:05pm | Zumba | Jewel | Studio A | All Fitness Levels |

FRIDAY

| START | END | CLASS | INSTRUCTOR | LOCATION | NOTES |
|----------------|----------------|-------------------------------|----------------|-----------------|------------------------------------|
| 6:30am | 7:30am | Core Strength | Nancy | Studio A | Medium Intensity Level |
| 7:00am | 7:45am | Deep Water Run | Tonda | Pool (CP) | High Intensity Level |
| 8:00am | 8:45am | Sittercise | Constance G | Studio A | Light Intensity Level |
| 8:00am | 8:45am | A.B.C. | Ann | Pool | Medium Intensity Level |
| 9:00am | 10:00am | Deep Finning | Ann | Pool (CP) | High Intensity Level |
| 9:00am | 12:00pm | Pickleball | Marcus/Albert | Gym | Intermediate/Advanced |
| 9:00am | 9:45am | Seniors in Motion | Emma | Studio A | All Fitness Levels |
| 9:00am | 9:45am | Power Walk 1 | Brigitte | Pool (WP) | Medium Intensity Level |
| 10:00am | 11:00am | Yoga - Alignment Based | Ryan | Studio B | All Fitness Levels |
| 10:00am | 10:45am | Indoor/Outdoor Power Walk | Emma | Indoor Track | All Fitness Levels |
| 10:00am | 10:45am | Line Dancing | Adam/Claudia | Studio A | Offered Dec 1st, 15th, 29th |
| 10:00am | 10:45am | SilverSneakers® Splash | Lynn | Pool (CP) | Medium Intensity Level |
| 10:00am | 10:45am | Splash Dance | Brigitte | Pool (WP) | Medium Intensity Level |
| 11:00am | 11:45am | Zumba Gold | Ana | Studio A | No Class on Dec 15 |
| 11:00am | 11:45am | Ai Chi | Lynn | Pool (WP) | Light Intensity Level |
| 11:30am | 12:30pm | Power Yoga | Caitlin | Studio B | Medium/High Intensity Level |
| 12:00pm | 12:45pm | FitBody | Emma | Studio A | No Class on Dec 15 |
| 12:00pm | 12:45pm | Liquid Lunch | Willie | Pool (WP) | Light Intensity Level |
| 5:45pm | 6:30pm | Making Waves | Patsy | Pool (WP) | No Class on Dec 8th |
| 6:00pm | 7:00pm | Cycle Outdoor | Jamie | Studio C | All Fitness Levels |

SATURDAY

| START | END | CLASS | INSTRUCTOR | LOCATION | NOTES |
|----------------|----------------|-----------------------------|--------------|-----------------|----------------------------|
| 8:00am | 8:45am | Insanity® | Mark | Studio A | High Intensity Level |
| 9:00am | 9:45am | Ballet for Beginners | Taryn | Studio B | Class Starts Dec 16 |
| 9:00am | 9:45pm | Zumba | Ana | Studio A | High Intensity |
| 9:30am | 10:15am | AquaHITT | Traci | Pool (CP) | High Intensity Level |
| 10:00am | 10:45am | Making Waves | Patsy | Pool (WP) | Medium Intensity Level |
| 10:00am | 11:00am | Pilates | Susan | Studio B | All Fitness Levels |
| 11:00am | 12:15pm | Yoga | Susan | Studio B | All Fitness Levels |

SUNDAY

| START | END | CLASS | INSTRUCTOR | LOCATION | NOTES |
|--------|--------|-----------------|------------|----------|---------------------------------|
| 1:30pm | 2:30pm | Pilates | Susan | Studio B | No Class Dec 24 & 31 |
| 2:30pm | 3:15pm | Strong by Zumba | Jewel | Studio A | No Class Dec 24 & 31 |

YWCA

For more information about a class, please contact:

Heather Candelora, Aquatics Director, heatherc@ywcaws.org, 336-354-1589 ext. 307

Constance Poe, Wellness Director, constancep@ywcaws.org, 336-354-1589 ext. 318

