

THURSDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
6:30am	7:15am	Intervals	Nancy	Studio A	No Class Dec 28
8:00am	8:45am	Sitterrise	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	Light Intensity Level
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	High Intensity Level
7:05pm	8:05pm	Zumba	Jewel	Studio A	New Time
FRIDAY					
All Fitness Levels					

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	Sitterrise	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					
All Fitness Levels					

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 IS ON A MISSION

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



Revised 12/11/17



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	Studio A	No Class Dec 26
12:00pm	12:45pm	Liquid Lunch	Lynne H	Gym	For Beginners
12:30pm	1:15pm	Pilates Mat	Taryn	Pool	Light Intensity Level
5:00pm	6:30pm	Cardio Conditioning	Emma	Studio B	No Class Dec 26
5:45pm	7:00pm	Aqua HITT	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