

Revised 4/5/18

April Group Exercise



New Classes: **Hot Yoga**

No Spring Aerial Yoga Flight School

MONDAY

"We Aim Above the Mark to Hit the Mark" Ralph Waldo Emerson

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	TBD	Pool (CP)	High Intensity Level
8:00am	8:45am	Sittercise	Constance G.	Studio A	Light Intensity Level
8:00am	8:45am	A.B.C.	Brigitte	Pool (WP)	Medium 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
9:30am	10:00am	Hot Yoga	Caitlin	Studio D (track)	Medium/High 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
11:15am	12:00pm	Restorative Yoga	Court	Studio B	All Fitness Levels
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	Tina	Pool (WP)	Light Intensity Level
12:00pm	1:00pm	Functional Fitness	Ted	Studio A	All Fitness Levels
12:15pm	1:30pm	Aerial Yoga	Shakira	Studio B	Must Complete Flight School
5:30pm	6:15pm	Insanity®	Mark	Studio A	High Intensity Level
5:30pm	6:30pm	Barre	Taryn	Studio B	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

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
6:30am	7:15am	Intervals	Nancy	Studio A	Medium Intensity
8:00am	8:45am	Sittercise	Liz H	Studio A	Light Intensity Level
8:30am	9:30am	Balance & Flexibility	Taryn	Studio D	Studio located on track
9:00am	9:45am	SilverSneakers® Yoga	Lynn E	Studio A	Light Intensity Level
9:00am	9:45am	Strong, Stretch, & Balance	Emma	Studio B	All Fitness Levels
9:00am	9:45am	Intro to Water Fitness	Liz H	Pool	Must Pre-Register
10:00am	10:45am	Just My Speed	Tina	Pool (WP)	Light Intensity Level
10:00am	10:45am	Senior Classic w/Pom Poms	Emma	Studio A	Light Intensity Level
10:00am	11:00am	Yoga	Lynn	Studio B	All Fitness Levels
11:00am	11:45am	Cardio Fit	Liz H	Studio A	High Intensity Level
12:00pm	2:00pm	Pickleball	Brent	Gym	For Beginners
12:00pm	12:45pm	Liquid Lunch	Lynne H	Pool (WP)	Light Intensity Level
12:30pm	1:15pm	Pilates Mat	Taryn	Studio B	All Fitness Levels
5:00pm	6:00pm	Functional Fitness	Emma	Studio A	Intermediate/High Fitness Level
5:45pm	6:30pm	Aqua HITT	Traci	Pool (CP)	High Intensity Level
6:00pm	7:00pm	Hot Yoga	Caitlin	Studio D (track)	Medium/High Intensity Level
6:00pm	7:00pm	Aerial Yoga	Jami	Studio B	Must Complete Flight School
6:15pm	7:15pm	Functional Fitness	Ted	Studio A	High Intensity Level
7:30pm	8:45pm	Aerial Yoga	Jami	Studio B	Must Complete Flight School

WEDNESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
7:00am	7:45am	Deep Water Run	TBD	Pool (CP)	High Intensity Level
8:00am	8:45am	SilverSneakers Classic	Lavarnia	Studio A	Light Intensity Level
8:00am	8:45am	A.B.C.	Brigitte	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	Functional Fitness	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	Tina	Pool (WP)	Medium Intensity Level
12:00pm	1:00pm	Functional Fitness	Ted	Studio A	High Intensity Level
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
6:00pm	7:00pm	Hot Yoga	Caitlin	Studio D (track)	Medium/High Intensity Level
6:30pm	7:45pm	Aerial Yoga	Shakira	Studio B	Must Complete Flight School
6:30pm	7:15pm	Mixed Fit	Erica	Studio A	All Fitness Levels
7:30pm	8:30pm	African Dance	Dawanna	Studio A	All Fitness Levels

THURSDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
6:30am	7:15am	Intervals	Nancy	Studio A	Medium Intensity
8:00am	8:45am	Sittercise	Monica	Studio A	Light Intensity Level
8:30am	9:15am	Balance & Flexibility	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 (WP)	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	Lavarnia	Studio A	Light Intensity Level
11:30am	12:30pm	Hot Yoga	Caitlin	Studio D (track)	Medium/High Intensity Level
12:00pm	2:00pm	Pickleball	Brent	Gym	For Beginners
12:00pm	12:45p	Liquid Lunch	Lynne H	Pool (WP)	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	Functional Fitness Level 1	Emma	Studio A	All Fitness Levels
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	Functional Fitness Level 2	Ted	Studio A	High Intensity Level
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.	Brigitte	Pool (WP)	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 April 6th & 20th
10:00am	10:45am	SilverSneakers® Splash	Lynn	Pool (CP)	Medium Intensity Level
10:00am	10:45am	Splash Dance	Brigitte	Pool (WP)	Medium Intensity Level
11:00pm	11:45pm	FitBody	Emma	Studio A	New Class Time
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	Liquid Lunch	Tina	Pool (WP)	Light Intensity Level
5:30pm	6:30pm	Functional Fitness	Emma	Studio B	All Fitness Levels
5:45pm	6:30pm	Making Waves	Patsy	Pool (WP)	Medium Intensity Level
6:00pm	7:00pm	Hot Yoga	Caitlin	Studio D (track)	Medium/High Intensity Level

SATURDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:00am	8:45am	Insanity®	Mark	Studio A	High Intensity Level
9:00am	9:45am	Ballet Workout for Beginners	Taryn	Studio B	Ballet Shoes Not Required
9:00am	9:45am	Yin & Nidra Yoga	Ryan	Studio D	Offered April 14
9:00am	9:45pm	Weights & Body Weight	Donna	Studio A	Indoors & Outdoors
9:30am	10:15am	AquaHITT	Traci	Pool (CP)	High Intensity Level
10:00am	11:00am	Outdoor Cycling	Donna	Studio C/Outdoors	All Fitness Levels
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	All Fitness Levels
2:30pm	3:30pm	Strong by Zumba	Jewel	Studio A	High Intensity Level



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

