

Revised June 8, 2018

# June Group Exercise



Please Note New Class Times

New Classes: BodyPump, Power Walk, Core Workout

## 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	Vonnie	Pool (CP)	High Intensity Level
8:00am	8:45am	Chair Exercise	Constance G.	Studio A	Light Intensity Level
8:00am	8:45am	A.B.C.	Brigette	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	Brigette	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	Brigette	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	All Fitness Levels
<b>10:00am</b>	<b>11:00pm</b>	<b>Power Walk</b>	<b>Emma</b>	<b>Indoor/Outdoor</b>	<b>All Fitness Levels</b>
11:15am	12:00pm	Restorative Yoga	Courtney	Studio B	All Fitness Levels
11:00am	11:45am	Cardio Fit	Emma	Studio A	Medium Intensity Level
11:00am	11:45am	Just My Speed	Lynn	Pool (WP)	Medium Intensity Level
12:00pm	12:45pm	Liquid Lunch	Willie	Pool (WP)	Light Intensity Level
12:00pm	1:00pm	Functional Fitness	Ted	Studio A	High Intensity Level
12:15pm	1:30pm	Aerial Yoga	Shakira	Studio B	Must Complete Flight School
5:00pm	5:30pm	Strength & Conditioning	Emma	Studio A	High Intensity
<b>5:45pm</b>	<b>6:45pm</b>	<b>BodyPump</b>	<b>Jewel</b>	<b>Studio A</b>	<b>New Class</b>
5:30pm	6:30pm	Core Barre	Taryn	Studio B	All Fitness Levels
5:45pm	6:30pm	Making Waves	Patsy	Pool (WP)	Medium Intensity Levels
<b>6:55pm</b>	<b>7:55pm</b>	<b>Zumba</b>	<b>Jewel</b>	<b>Studio A</b>	<b>New Time</b>
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
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	Fluid Yoga	Liz H	Pool (WP)	Light Intensity Level
9:45am	10:30am	Intro to Water Fitness	Liz H	Pool (WP)	By Appointment Only
10:00am	10:45am	Just My Speed	Tina	Pool (WP)	Light Intensity Level
<b>10:00am</b>	<b>10:45am</b>	<b>Senior Classic w/Pom Poms</b>	<b>Emma</b>	<b>Studio A</b>	<b>Light Intensity Level</b>
10:00am	11:00am	Weight Training for Diabetics	Wellness Coach	Wellness Center	All Fitness Levels
10:00am	11:00am	Yoga	Lynn	Studio B	All Fitness Levels
<b>11:00am</b>	<b>11:45am</b>	<b>Senior Classic w/Pom Poms</b>	<b>Emma</b>	<b>Studio A</b>	<b>Light Intensity Level</b>
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
1:15pm	2:00pm	Corre Barre	Taryn	Studio B	All Fitness Levels
<b>5:20pm</b>	<b>6:20pm</b>	<b>Functional Fitness</b>	<b>Ted</b>	<b>Studio A</b>	<b>New Class Time</b>
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
<b>6:30pm</b>	<b>7:30pm</b>	<b>BodyPump</b>	<b>Julianne</b>	<b>Studio A</b>	<b>New Class</b>
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	Vonnie	Studio A	Light Intensity Level
8:00am	8:45am	A.B.C.	Brigette	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	Brigette	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	Brigette	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	Willie	Pool (WP)	Medium Intensity Level
12:00pm	1:00pm	Functional Fitness	Ted	Studio A	High Intensity Level
<b>5:30pm</b>	<b>6:30pm</b>	<b>BodyPump</b>	<b>Julianne</b>	<b>Studio A</b>	<b>New Class</b>
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
<b>6:40pm</b>	<b>7:40pm</b>	<b>Mixed Fit</b>	<b>Erica</b>	<b>Studio A</b>	<b>New Class Time</b>

## 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
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	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	Vonnie	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	All Fitness Levels
1:15pm	2:00pm	Corre Barre	Taryn	Studio B	All Fitness Levels
<b>5:00pm</b>	<b>5:50pm</b>	<b>Functional Fitness</b>	<b>Ted</b>	<b>Studio A</b>	<b>New Class Time</b>
<b>5:00pm</b>	<b>5:30pm</b>	<b>Core Workout</b>	<b>Emma</b>	<b>Studio B</b>	<b>All Fitness Levels</b>
5:45pm	6:45pm	Yoga	Dawanna	Studio B	All Fitness Levels
<b>6:00pm</b>	<b>7:00pm</b>	<b>BodyPump</b>	<b>Jewel</b>	<b>Studio A</b>	<b>New Class</b>
<b>7:05pm</b>	<b>8:05pm</b>	<b>Zumba</b>	<b>Jewel</b>	<b>Studio A</b>	<b>New Class Time</b>

## 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	<b>Offered June 1st, 15th &amp; 29th</b>
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 for Core	Caitlin	Studio B	Offered June 1
11:30am	12:30pm	Power Yoga for Strong Arms	Caitlin	Studio B	Offered June 8
11:30am	12:30pm	Power Yoga for Strength & Focus	Caitlin	Studio B	Offered June 15
11:30am	12:30pm	Power Yoga	Caitlin	Studio B	No Class June 22
11:30am	12:30pm	Power Yoga for Balance	Caitlin	Studio B	Offered June 29
<b>12:00pm</b>	<b>12:45pm</b>	<b>BodyPump</b>	<b>Julianne</b>	<b>Studio A</b>	<b>New Class</b>
12:00pm	12:45pm	Liquid Lunch	Willie	Pool (WP)	Light Intensity Level
5:30pm	6:30pm	Strength & Conditioning	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)	All Fitness Levels

## SATURDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
<b>9:00am</b>	<b>9:45am</b>	<b>Yin &amp; Nidra Yoga</b>	<b>Ryan</b>	<b>Studio B</b>	<b>Offered June 16</b>
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	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	All Fitness Levels

## YWCA

For more information about a class, please contact:

Heather Candelora, Aquatics Director, [heatherc@ywcaws.org](mailto:heatherc@ywcaws.org), 336-354-1589 ext. 307

Constance Poe, Wellness Director, [constancep@ywcaws.org](mailto:constancep@ywcaws.org), 336-354-1589 ext. 318

