



Revised 9/7/2018

September Group Exercise

Water Aerobics Classes will not be offered in September.
Classes are subject to change without advanced notice.

Close @ 2pm on Labor Day

Please direct questions to Constance Poe at constancep@ywcaaws.org

MONDAY

New Classes: Track Attack & Tabatha

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
6:30am	7:30am	Core Strength	Nancy	Studio A	No Class Labor Day 9/3
8:00am	8:45am	Chair Exercise	Constance G.	Studio A	No Class Labor Day 9/3
8:00am	12:30pm	Pickleball - New Time	Albert/Marcus	Courts 1, 2 & 3	Intermediate/Advanced Only
9:00am	9:45am	Vinyasa Yoga	Morgan	Studio B	No Class Labor Day 9/3
9:00am	9:45am	SilverSneakers® Classic	Constance G.	Studio A	No Class Labor Day 9/3
9:30am	10:30am	Hot Yoga	Caitlin	Studio D (track)	No Class Labor Day 9/3
10:00am	11:00am	Yoga-Alignment Based	Ginny	Studio B	No Class Labor Day 9/3
10:00am	10:45am	Line Dancing	Claudia/Adam	Studio A	No Class Labor Day 9/3
10:00am	11:00pm	Power Walk	Emma	Indoor/Outdoor	Class on Labor Day
11:15am	12:00pm	Restorative Yoga	Courtney	Studio B	No Class Labor Day 9/3
11:00am	11:45am	Cardio Fit	Emma	Studio A	Class on Labor Day
12:00pm	1:00pm	Strength & Conditioning	Emma	Studio A	Class on Labor Day
5:00pm	5:35pm	Strength & Conditioning	Emma	Studio A	No Class Labor Day 9/3
5:30pm	6:30pm	Flow Yoga	Caitlin	Studio B	No Class Labor Day 9/3
5:45pm	6:45pm	BodyPump	Jewel	Studio A	No Class Labor Day 9/3
6:55pm	7:55pm	Zumba	Jewel	Studio A	No Class Labor Day 9/3
7:45pm	8:45pm	Kemetic Yoga	Dawanna	Studio B	No Class Labor Day 9/3

TUESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
6:30am	7:30am	Intervals	Nancy	Studio A	Medium Intensity
8:00am	8:45am	Chair Exercise	Liz H	Studio A	Light Intensity Level
9:00am	10:00am	Vinyasa Yoga	Morgan	Studio D (track)	All Fitness Levels
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
10:00am	10:45am	Senior Classic w/Pom Poms	Emma	Studio A	Light Intensity Level
10:00am	11:00am	Yoga - All Levels	Lynn	Studio B	All Fitness Levels
8:00am	12:30pm	Pickleball - New Time	Brent	Gym Court 1 & 2	Experienced Beginners Only
8:00am	12:30pm	Pickleball - New Time	Albert	Court 3 (half court)	Advanced Players Only
11:00am	11:45am	Senior Classic w/Pom Poms	Emma	Studio A	Light Intensity Level
12:00pm	1:00pm	BodyPump	Abby	Studio A	All Fitness Levels
5:30pm	6:15pm	Strength & Conditioning	Emma	Studio A	New Class Time
6:00pm	7:00pm	Yoga - All Levels	Susan	Studio B	All Fitness Levels
6:00pm	7:00pm	Hot Yoga	Caitlin	Studio D (track)	All Fitness Levels
6:30pm	7:30pm	BodyPump	Julianne	Studio A	All Fitness Levels

WEDNESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
7:00am	8:00am	BodyPump	Lisa	Studio A	All Fitness Levels
8:10am	8:50am	SilverSneakers Classic	Vonnie	Studio A	Light Intensity Level
8:00am	12:30pm	Pickleball - New Time	Albert/Marcus	Courts 1, 2 & 3	Intermediate/Advanced Only
9:00am	9:45am	FitBody	Emma	Studio A	Medium Intensity Level
10:00am	11:00am	Track Attack (new class)	Bridget	Indoor Track	All Fitness Levels
10:00am	10:45am	Senior Stretch	Emma	Studio A	Light Intensity Level
10:00am	11:00am	Yoga	Lynn	Studio B	All Fitness Levels
11:00am	11:45am	Strength & Conditioning	Emma	Studio A	High Intensity Level
11:15am	12:00pm	Pilates	Hope	Studio B	All Fitness Levels
12:00pm	1:00pm	Strength & Conditioning	Emma	Studio A	High Intensity Level
5:30pm	6:40pm	BodyPump	Julianne	Studio A	All Fitness Levels
5:30pm	6:30pm	Vinyasa Yoga	Morgan	Studio B	All Fitness Levels
6:30pm	7:30pm	Creative Soul Yoga	Shakira	Studio B	All Fitness Levels

THURSDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
6:30am	7:30am	Intervals	Nancy	Studio A	Medium Intensity
8:00am	8:45am	Chair Exercise	Liz H	Studio A	Light Intensity Level
9:00am	10:00am	Tai Chi Balance	James	Studio A	All Fitness Levels
9:00am	9:50am	Pilates Mat	Taryn	Studio B	All Fitness Levels
10:00am	10:45am	SilverSneakers Yoga	Lynn	Studio A	Light Intensity Level
10:00am	11:00am	Yoga-Alignment Based	Ginny	Studio B	All Fitness Levels
8:00am	12:30pm	Pickleball - New Time	Brent	Gym Court 1 & 2	Experienced Beginners Only
8:00am	12:30pm	Pickleball - New Time	Albert	Court 3 (half court)	Advanced Players Only
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 Lev
12:00pm	1:00pm	BodyPump	Abby	Studio A	All Fitness Levels
5:00pm	5:35pm	Strength & Conditioning	Emma	Studio A	New Class Time
5:45pm	6:45pm	Kemetic Yoga	Dawanna	Studio B	All Fitness Levels
5:45pm	6:45pm	BodyPump	Jewel	Studio A	All Fitness Levels
6:55pm	7:55pm	Zumba	Jewel	Studio A	All Fitness Levels
7:00pm	8:00pm	Warm Vinyasa Yoga	Caitlin	Studio D (track)	All Fitness Levels

FRIDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
6:30am	7:30am	Core Strength	Nancy	Studio A	Medium Intensity Level
8:00am	8:45am	Chair Exercise	Constance G	Studio A	Light Intensity Level
8:00am	12:30pm	Pickleball - New Time	Albert/Marcus	Courts 1, 2 & 3	Intermediate/Advanced Only
9:00am	9:45am	Seniors in Motion	Emma	Studio A	All Fitness Levels
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	All Fitness Levels
11:00pm	11:45pm	FitBody	Emma	Studio A	Medium Intensity Level
11:30am	12:30pm	Power Yoga	Caitlin	Studio B	All Fitness Levels
12:00pm	12:45pm	BodyPump	Julianne	Studio A	All Fitness Levels
5:30pm	6:30pm	Strength & Conditioning	Emma	Studio B	All Fitness Levels
6:00pm	7:00pm	Hot Yoga	Caitlin	Studio D (track)	All Fitness Levels

SATURDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
9:00am	10:00am	Tabata (new class)	Bridgett	Studio A	Offered 9/1 & 9/15
9:00am	10:00am	BodyPump	Lisa	Studio A	Offered 9/8, 9/22 & 9/29
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	No Class Sept 2



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

