

Revised 11/30/2018

# December Group Exercise



**Holiday Hours: Monday, Dec 24** - open at 5am, close at 2pm

**Tuesday, Dec 25** - closed

**Monday, Dec 31** - open at 5am, close at 2pm

**Tuesday, Jan 1** - open at 8am, close at 5pm

Schedule is subject to change without advanced notice.

## MONDAY

The hard part isn't getting your body in shape. The hard part is getting your mind in shape.

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
6:30am	7:30am	Core Strength	Nancy	Studio A	See Holiday Hours
8:00am	8:45am	Chair Exercise	Constance G.	Studio A	See Holiday Hours
8:00am	12:30pm	Pickleball - <i>Intermediate/Advanced</i>	Albert/Marcus	Courts 1, 2 & 3	See Holiday Hours
9:00am	9:45am	SilverSneakers® Classic	Constance G.	Studio A	See Holiday Hours
9:30am	10:30am	Hot Yoga	Caitlin	Studio D (track)	No class 12/24 & 12/31
10:00am	11:00am	Yoga-Alignment Based	Ginny	Studio B	See Holiday Hours
10:00am	10:45am	Line Dancing	Claudia/Adam	Studio A	See Holiday Hours
10:00am	11:00pm	Power Walk	Emma	Indoor/Outdoor	See Holiday Hours
11:15am	12:00pm	Restorative Yoga	Courtney	Studio B	See Holiday Hours
11:00am	11:45am	Cardio Fit	Emma	Studio A	See Holiday Hours
12:00pm	1:00pm	Strength & Conditioning	Emma	Studio A	See Holiday Hours
5:00pm	5:35pm	Strength & Conditioning	Emma	Studio A	See Holiday Hours
5:30pm	6:30pm	Flow Yoga	Caitlin	Studio B	See Holiday Hours
<b>5:45pm</b>	<b>6:45pm</b>	<b>Youth &amp; Family Yoga</b>	<b>Christine</b>	<b>Multi Purpose Room</b>	See Holiday Hours
5:45pm	6:45pm	BodyPump	Jewel	Studio A	See Holiday Hours
6:55pm	7:55pm	Zumba	Jewel	Studio A	See Holiday Hours
7:45pm	8:45pm	Kemetic Yoga	Dawanna	Studio B	See Holiday Hours

## TUESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
6:30am	7:30am	Intervals	Nancy	Studio A	See Holiday Hours
8:00am	8:45am	Chair Exercise	Liz H	Studio A	See Holiday Hours
9:00am	9:45am	SilverSneakers® Yoga	Lynn E	Studio A	See Holiday Hours
9:00am	9:45am	Strong, Stretch, & Balance	Emma	Studio B	See Holiday Hours
<b>9:00am</b>	<b>10:00am</b>	<b>Weight Room Training 101</b>	<b>Liz H</b>	<b>Wellness Center</b>	See Holiday Hours
10:00am	10:45am	Senior Classic w/Pom Poms	Emma	Studio A	See Holiday Hours
10:00am	11:00am	Yoga - All Levels	Lynn	Studio B	See Holiday Hours
8:00am	12:30pm	Pickleball - <i>Experienced Beginners</i>	Brent	Gym Court 1 & 2	See Holiday Hours
8:00am	12:30pm	Pickleball - <i>Intermediate/Advanced</i>	Albert	Court 3 (half court)	See Holiday Hours
11:00am	11:45am	Senior Classic w/Pom Poms	Emma	Studio A	See Holiday Hours
12:00pm	1:00pm	BodyPump	Abby	Studio A	30 and 60 minute class options
<b>12:30pm</b>	<b>1:15pm</b>	<b>Pilates</b>	<b>Taryn</b>	<b>Studio B</b>	See Holiday Hours
<b>1:20pm</b>	<b>2:00pm</b>	<b>Core Barre</b>	<b>Taryn</b>	<b>Studio B</b>	See Holiday Hours
5:30pm	6:15pm	Strength & Conditioning	Emma	Studio A	See Holiday Hours
6:00pm	7:00pm	Yoga - All Levels	Susan	Studio B	See Holiday Hours
6:00pm	7:00pm	Hot Yoga	Caitlin	Studio D (track)	See Holiday Hours
6:30pm	7:30pm	BodyPump	Julianne	Studio A	See Holiday Hours

## WEDNESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
7:15am	8:00am	Boom Move	Constance G.	Studio A	
8:10am	8:50am	SilverSneakers Classic	Vonnie	Studio A	
8:00am	12:00pm	Pickleball - <i>Intermediate/Advanced</i>	Albert/Marcus	Courts 1, 2 & 3	
9:00am	9:45am	FitBody	Emma	Studio A	
10:00am	11:00am	Track Attack (new class)	Bridget	Indoor Track	No Class 12/5
10:00am	10:45am	Senior Stretch	Emma	Studio A	
10:00am	11:00am	Yoga	Lynn	Studio B	
11:00am	11:45am	Strength & Conditioning	Emma	Studio A	
11:15am	12:00pm	Pilates	Hope	Studio B	
12:00pm	1:00pm	Strength & Conditioning	Emma	Studio A	
12:00pm	2:30pm	Pickleball - <i>Experienced Beginners</i>	Brent	Gym Court 1 & 2	See Holiday Hours
<b>5:45pm</b>	<b>6:45pm</b>	<b>BodyPump</b>	<b>Lisa</b>	<b>Studio A</b>	New Start Time
5:30pm	6:30pm	Vinyasa Yoga	Morgan	Studio B	
6:30pm	7:30pm	Creative Soul Yoga	Shakira	Studio B	

## THURSDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
6:30am	7:30am	Intervals	Nancy	Studio A	
8:00am	8:45am	Chair Exercise	Liz H	Studio A	
9:00am	10:00am	Tai Chi Balance	James	Studio A	
10:00am	10:45am	SilverSneakers Yoga	Lynn	Studio A	No Class Dec 6
10:00am	11:00am	Yoga-Alignment Based	Ginny	Studio B	No Class Dec 27
8:00am	12:30pm	Pickleball - <i>Experienced Beginners</i>	Brent	Gym Court 1 & 2	
8:00am	12:30pm	Pickleball - <i>Intermediate/Advanced</i>	Albert	Court 3 (half court)	
<b>9:00am</b>	<b>10:00am</b>	<b>Weight Room Training 101</b>	<b>Liz H</b>	<b>Wellness Center</b>	
11:00am	11:45am	SilverSneakers® Classic	Vonnie	Studio A	
11:30am	12:30pm	Hot Yoga	Caitlin	Studio D (track)	No Class Dec 27
12:00pm	1:00pm	BodyPump	Abby	Studio A	30 and 60 minute class options
<b>12:30pm</b>	<b>1:15pm</b>	<b>Pilates</b>	<b>Taryn</b>	<b>Studio B</b>	See Holiday Hours
<b>1:20pm</b>	<b>2:00pm</b>	<b>Core Barre</b>	<b>Taryn</b>	<b>Studio B</b>	See Holiday Hours
5:00pm	5:35pm	Strength & Conditioning	Emma	Studio A	
5:45pm	6:45pm	Kemetic Yoga	Dawanna	Studio B	
5:45pm	6:45pm	BodyPump	Jewel	Studio A	
6:55pm	7:55pm	Zumba	Jewel	Studio A	
7:00pm	8:00pm	Warm Vinyasa Yoga	Caitlin	Studio D (track)	No Class Dec 27

## FRIDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
6:30am	7:30am	Core Strength	Nancy	Studio A	
8:00am	8:45am	Chair Exercise	Liz H	Studio A	
8:00am	12:30pm	Pickleball - <i>Intermediate/Advanced</i>	Albert/Marcus	Courts 1, 2 & 3	
9:00am	9:45am	Senior PUMP	Liz H	Studio B	
9:00am	9:45am	Seniors in Motion	Emma	Studio A	
10:00am	11:00am	Yoga - Alignment Based	Ryan	Studio B	
10:00am	10:45am	Indoor/Outdoor Power Walk	Emma	Indoor Track	
10:00am	10:45am	Line Dancing	Adam/Claudia	Studio A	Offered 12/14, 12/28
11:00pm	11:45pm	FitBody	Emma	Studio A	
11:30am	12:30pm	Power Yoga	Caitlin	Studio B	
12:00pm	12:45pm	BodyPump	Julianne	Studio A	No Class Dec 28
5:30pm	6:30pm	Strength & Conditioning	Emma	Studio B	
6:00pm	7:00pm	Hot Yoga	Caitlin	Studio D (track)	No Class Dec 28

## SATURDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:00am	9:00am	Tabata (new time)	Bridget	Studio A	Offered 12/1, 12/15, 12/29
9:00am	10:00am	BodyPump ( <i>every Saturday</i> )	Lisa	Studio A	
10:00am	11:00am	Pilates	Susan	Studio B	
11:00am	12:15pm	Yoga	Susan	Studio B	

## SUNDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
1:30pm	2:30pm	Pilates	Susan	Studio B	



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

