

Revised 11/5/2018

# November Group Exercise



Classes are subject to change without advanced notice.

New Classes: **BOOM Move, Senior PUMP, Weight Room Training for Beginners**

All classes are for all fitness levels.

## MONDAY

The YWCA will be closed on Thanksgiving. We will resume regular hours Friday, November 23.

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
6:30am	7:30am	Core Strength	Nancy	Studio A	
8:00am	8:45am	Chair Exercise	Constance G.	Studio A	
8:00am	12:30pm	Pickleball - New Time	Albert/Marcus	Courts 1, 2 & 3	
9:00am	9:45am	SilverSneakers® Classic	Constance G.	Studio A	
9:30am	10:30am	Hot Yoga	Caitlin	Studio D (track)	
10:00am	11:00am	Yoga-Alignment Based	Ginny	Studio B	
10:00am	10:45am	Line Dancing	Claudia/Adam	Studio A	
10:00am	11:00pm	Power Walk	Emma	Indoor/Outdoor	
11:15am	12:00pm	Restorative Yoga	Courtney	Studio B	
11:00am	11:45am	Cardio Fit	Emma	Studio A	
12:00pm	1:00pm	Strength & Conditioning	Emma	Studio A	
5:00pm	5:35pm	Strength & Conditioning	Emma	Studio A	
5:30pm	6:30pm	Flow Yoga	Caitlin	Studio B	
5:45pm	6:45pm	BodyPump	Jewel	Studio A	
6:55pm	7:55pm	Zumba	Jewel	Studio A	
7:45pm	8:45pm	Kemetic Yoga	Dawanna	Studio B	

## TUESDAY

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	9:45am	SilverSneakers® Yoga	Lynn E	Studio A	
9:00am	9:45am	Strong, Stretch, & Balance	Emma	Studio B	
10:00am	11:00am	<b>Weight Room Training 101</b>	<b>Liz H</b>	<b>Wellness Center</b>	
10:00am	10:45am	Senior Classic w/Pom Poms	Emma	Studio A	
10:00am	11:00am	Yoga - All Levels	Lynn	Studio B	
8:00am	12:30pm	Pickleball - New Time	Brent	Gym Court 1 & 2	
8:00am	12:30pm	Pickleball - New Time	Albert	Court 3 (half court)	
11:00am	11:45am	Senior Classic w/Pom Poms	Emma	Studio A	
12:00pm	1:00pm	<b>BodyPump</b>	<b>Abby</b>	<b>Studio A</b>	30 and 60 minute class options
1:15pm	2:15pm	<b>Pilates Mat</b>	<b>Taryn</b>	<b>Studio B</b>	
5:30pm	6:15pm	Strength & Conditioning	Emma	Studio A	
6:00pm	7:00pm	<b>Weight Room Training 101</b>	<b>Wellness Coach</b>	<b>Wellness Center</b>	Beginners
6:00pm	7:00pm	Yoga - All Levels	Susan	Studio B	
6:00pm	7:00pm	Hot Yoga	Caitlin	Studio D (track)	
6:30pm	7:30pm	BodyPump	Julianne	Studio A	

## WEDNESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
7:15am	8:00am	<b>Boom Move</b>	<b>Constance G.</b>	<b>Studio A</b>	
8:10am	8:50am	SilverSneakers Classic	Vonnie	Studio A	
8:00am	12:30pm	Pickleball - New Time	Albert/Marcus	Courts 1, 2 & 3	
9:00am	9:45am	FitBody	Emma	Studio A	
10:00am	11:00am	<b>Track Attack (new class)</b>	<b>Bridget</b>	<b>Indoor Track</b>	
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	
5:30pm	6:40pm	<b>BodyPump</b>	<b>Lisa</b>	<b>Studio A</b>	
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	
10:00am	11:00am	Yoga-Alignment Based	Ginny	Studio B	
8:00am	12:30pm	Pickleball - New Time	Brent	Gym Court 1 & 2	
8:00am	12:30pm	Pickleball - New Time	Albert	Court 3 (half court)	
<b>10:00am</b>	<b>11:00am</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)	
<b>12:00pm</b>	<b>1:00pm</b>	<b>BodyPump</b>	<b>Abby</b>	<b>Studio A</b>	30 and 60 minute class options
<b>1:15pm</b>	<b>2:15pm</b>	<b>Pilates Mat</b>	<b>Taryn</b>	<b>Studio B</b>	No Class 11/15
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	
<b>6:00pm</b>	<b>7:00pm</b>	<b>Weight Room Training 101</b>	<b>Wellness Coach</b>	<b>Wellness Center</b>	Beginners
6:55pm	7:55pm	Zumba	Jewel	Studio A	
7:00pm	8:00pm	Warm Vinyasa Yoga	Caitlin	Studio D (track)	

**FRIDAY**

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
6:30am	7:30am	Core Strength	Nancy	Studio A	No Class on November 23
8:00am	8:45am	Chair Exercise	Liz H	Studio A	
8:00am	12:30pm	Pickleball - New Time	Albert/Marcus	Courts 1, 2 & 3	
<b>9:00am</b>	<b>9:45am</b>	<b>Senior PUMP</b>	<b>Liz H</b>	<b>Studio B</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 11/2, 11/16 & 11/30
11:00pm	11:45pm	FitBody	Emma	Studio A	
11:30am	12:30pm	Power Yoga	Caitlin	Studio B	
<b>12:00pm</b>	<b>12:45pm</b>	<b>BodyPump</b>	<b>Julianne</b>	<b>Studio A</b>	30 and 60 minute class options
5:30pm	6:30pm	Strength & Conditioning	Emma	Studio B	
6:00pm	7:00pm	Hot Yoga	Caitlin	Studio D (track)	No Class 11/23 & 11/30

**SATURDAY**

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
<b>8:00am</b>	<b>9:00am</b>	<b>Tabata (new time)</b>	<b>Bridget</b>	<b>Studio A</b>	Offered 11/3 & 11/17
<b>9:00am</b>	<b>10:00am</b>	<b>BodyPump (every Saturday)</b>	<b>Lisa</b>	<b>Studio A</b>	
<b>10:00am</b>	<b>11:00am</b>	<b>Weight Room Training 101</b>	<b>Wellness Coach</b>	<b>Wellness Center</b>	Beginners
10:00am	11:00am	Pilates	Susan	Studio B	No Class Nov 24
11:00am	12:15pm	Yoga	Susan	Studio B	No Class Nov 24

**SUNDAY**

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
1:30pm	2:30pm	Pilates	Susan	Studio B	
2:30pm	3:30pm	Strong by Zumba (non dance)	Jewel	Studio A	
<b>3:30pm</b>	<b>4:30pm</b>	<b>Weight Room Training 101</b>	<b>Wellness Coach</b>	<b>Wellness Center</b>	Beginners



For more information about a class, please contact:

Heather Candelora, Aquatics Director, heatherc@ywcaaws.org, 336-354-1589 ext. 307

Constance Poe, Wellness Director, constancep@ywcaaws.org, 336-354-1589 ext. 318

