

Revised 12/6/2018

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
5:45pm	6:45pm	Youth & Family Yoga	Christine	Multi Purpose Room	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
9:00am	10:00am	Weight Room Training 101	Liz H	Wellness Center	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
12:30pm	1:15pm	Pilates	Taryn	Studio B	See Holiday Hours
1:20pm	2:00pm	Core Barre	Taryn	Studio 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
5:45pm	6:45pm	BodyPump	Lisa	Studio A	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)	
9:00am	10:00am	Weight Room Training 101	Liz H	Wellness Center	
11:00am	11:45am	SilverSneakers® Classic	Vonnie	Studio A	
12:00pm	1:00pm	BodyPump	Abby	Studio A	30 and 60 minute class options
12:30pm	1:15pm	Pilates	Taryn	Studio B	See Holiday Hours
1:20pm	2:00pm	Core Barre	Taryn	Studio 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	

YWCA

For more information about a class, please contact:

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

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



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