

Revised January 2, 2019

January Group Exercise



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

Schedule is subject to change without

MONDAY

A Year From Now, You Will Wish You Had Started Today!

START	END	CLASS	INSTRUCTOR	LOCATION
6:30am	7:30am	Core Strength	Nancy	Studio A
8:00am	8:45am	Chair Exercise	Constance G.	Studio A
8:00am	12:30pm	Pickleball - <i>Intermediate/Advanced</i>	Albert/Marcus	Courts 1, 2 & 3
9:00am	9:45am	SilverSneakers® Classic	Constance G.	Studio A
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	Youth & Family Yoga	Christine	Multi Purpose Room
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
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
9:00am	10:00am	Weight Room Training 101	Liz H	Wellness Center
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 - <i>Experienced Beginners</i>	Brent	Gym Court 1 & 2
8:00am	12:30pm	Pickleball - <i>Intermediate/Advanced</i>	Albert	Court 3 (half court)
11:00am	11:45am	Senior Classic w/Pom Poms	Emma	Studio A
12:00pm	1:00pm	BodyPump	Abby	Studio A
12:30pm	1:15pm	Pilates	Taryn	Studio B
1:20pm	2:00pm	Core Barre	Taryn	Studio B
5:30pm	6:15pm	Strength & Conditioning	Emma	Studio A
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
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
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
5:45pm	6:45pm	BodyPump	Lisa	Studio A
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
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 - <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
12:30pm	1:15pm	Pilates	Taryn	Studio B
1:20pm	2:00pm	Core Barre	Taryn	Studio B
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)

FRIDAY

START	END	CLASS	INSTRUCTOR	LOCATION
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
11:00pm	11:45pm	FitBody	Emma	Studio A
5:30pm	6:30pm	Strength & Conditioning	Emma	Studio B
6:00pm	7:00pm	Hot Yoga	Caitlin	Studio D (track)

SATURDAY

START	END	CLASS	INSTRUCTOR	LOCATION
8:00am	9:00am	Tabata (new time)	Bridget	Studio A
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

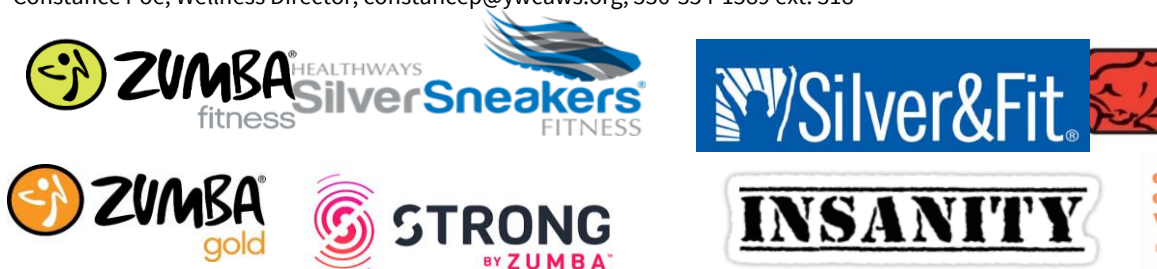
SUNDAY

START	END	CLASS	INSTRUCTOR	LOCATION
1:30pm	2:30pm	Pilates	Susan	Studio B
2:30pm	3:30pm	Strong by Zumba	Jewel	Studio A

YWCA IS ON A MISSION

For more information about a class, please contact:

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



advanced notice.

NOTES

NOTES

No Class January 1

No Class January 1

30 and 60 minute class options

No Class January 1

No Class January 1

No Class January 1

No Class January 1

No Class January 1

No Class January 1

NOTES

NOTES

30 and 60 minute class options

NOTES

Offered 1/11 & 1/25

NOTES

Offered 1/5 & 1/19

NOTES



eliminating racism
empowering women
ywca