

# March Group Exercise



New Classes: See Red Text

Schedule is subject to change without advanced notice.

## MONDAY

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 - <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	
5:45pm	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	NOTES
6:30am	7:30am	Intervals	Nancy	Studio A	
8:00am	8:45am	Chair Exercise	Liz H	Studio A	
<b>9:00am</b>	<b>9:45am</b>	<b>Morning Running Club</b>	<b>Thomas</b>	<b>Track</b>	
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 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 w/Pom Poms	Emma	Studio A	
<b>11:15am</b>	<b>12:00pm</b>	<b>Plyometrics, Stretching &amp; Core</b>	<b>Thomas</b>	<b>Studio B</b>	
12:00pm	1:00pm	BodyPump	Abby	Studio A	30 and 60 minute class options
12:30pm	1:15pm	Pilates	Taryn	Studio B	
1:20pm	2:00pm	Core Barre	Taryn	Studio B	
<b>4:30pm</b>	<b>5:25pm</b>	<b>Dance Trance</b>	<b>Amy</b>	<b>Studio A</b>	
<b>5:00pm</b>	<b>5:30pm</b>	<b>Plyometrics, Stretching &amp; Core</b>	<b>Thomas</b>	<b>Studio B</b>	<b>Plyometrics &amp; Stretching</b>
<b>5:30pm</b>	<b>6:15pm</b>	<b>Boot Camp</b>	<b>Emma</b>	<b>Studio A</b>	
<b>5:45pm</b>	<b>6:45pm</b>	<b>Evening Running Club</b>	<b>Thomas</b>	<b>Track</b>	
<b>6:00pm</b>	<b>7:00pm</b>	<b>African Dance</b>	<b>Dawanna</b>	<b>Studio B</b>	<b>Traditional African Dance</b>
6:30pm	7:30pm	BodyPump	Julianne	Studio A	

## WEDNESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
<b>8:00am</b>	<b>8:45am</b>	<b>SilverSneakers Classic</b>	<b>Constance G.</b>	<b>Studio A</b>	
8:00am	12:00pm	Pickleball - <i>Intermediate/Advanced</i>	Albert/Marcus	Courts 1, 2 & 3	
<b>9:00am</b>	<b>9:45am</b>	<b>Morning Running Club</b>	<b>Thomas</b>	<b>Track</b>	
9:00am	9:45am	FitBody	Emma	Studio A	
<b>10:00am</b>	<b>11:00am</b>	<b>Total Body Workout on Track</b>	<b>Thomas</b>	<b>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	
<b>12:15pm</b>	<b>1:15pm</b>	<b>Lunch Time Yoga</b>	<b>Shakira</b>	<b>Studio B</b>	<b>New Time</b>
<b>12:00pm</b>	<b>1:00pm</b>	<b>Adult w/Pom Poms</b>	<b>Emma</b>	<b>Studio A</b>	
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	

## 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	
8:00am	12:30pm	Pickleball - <b>Experienced Beginners</b>	Brent	Gym Court 1 & 2	
8:00am	12:30pm	Pickleball - <b>Intermediate/Advanced</b>	Albert	Court 3 (half court)	
9:00am	10:00am	Tai Chi Balance	James	Studio A	
<b>9:00am</b>	<b>9:45am</b>	<b>Morning Running Club</b>	<b>Thomas</b>	<b>Track</b>	
9:00am	10:00am	Weight Room Training 101	Liz H	Wellness Center	
10:00am	10:45am	SilverSneakers Yoga	Lynn	Studio A	
10:00am	11:00am	Yoga-Alignment Based	Ginny	Studio B	
<b>11:15am</b>	<b>12:00pm</b>	<b>Plyometrics, Stretching &amp; Core</b>	<b>Thomas</b>	<b>Studio B</b>	
11:00am	11:45am	SilverSneakers® Classic	Emma	Studio A	
12:00pm	1:00pm	BodyPump	Abby	Studio A	30 and 60 minute class options
12:30pm	1:15pm	Pilates	Taryn	Studio B	
1:20pm	2:00pm	Core Barre	Taryn	Studio B	
<b>5:00pm</b>	<b>5:30pm</b>	<b>Plyometrics, Stretching &amp; Core</b>	<b>Thomas</b>	<b>Studio B</b>	
5:00pm	5:35pm	Strength & Conditioning	Emma	Studio A	
<b>5:45pm</b>	<b>6:45pm</b>	<b>Evening Running Club</b>	<b>Thomas</b>	<b>Track</b>	
5:45pm	6:45pm	Kemetic Yoga	Dawanna	Studio B	
5:45pm	6:45pm	BodyPump	Jewel	Studio A	
6:55pm	7:55pm	Zumba	Amalia	Studio A	

## 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 - <b>Intermediate/Advanced</b>	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	<b>Offered 3/8 &amp; 3/22</b>
11:00pm	11:45pm	FitBody	Emma	Studio A	
<b>5:30pm</b>	<b>6:30pm</b>	<b>Boot Camp</b>	<b>Emma</b>	<b>Studio A</b>	

## SATURDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:00am	9:00am	Tabata ( <b>alternating Saturdays</b> )	Bridget	Studio A	<b>Offered 3/9 &amp; 3/23</b>
9:00am	10:00am	BodyPump ( <b>every Saturday</b> )	Lisa	Studio A	
10:00am	11:00am	Pilates	Susan	Studio B	
<b>10:15am</b>	<b>11:15am</b>	<b>Dance Trance</b>	<b>Amy</b>	<b>Studio A</b>	
11:00am	12:15pm	Yoga	Susan	Studio B	

## SUNDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
1:30pm	2:30pm	Pilates	Susan	Studio B	
2:30pm	3:30pm	Strong by Zumba	Jewel	Studio A	
<b>3:45pm</b>	<b>4:45pm</b>	<b>Dance Trance</b>	<b>Amy</b>	<b>Studio A</b>	

# YWCA IS ON A MISSION

For more information about a class, please contact:

Constance Poe, Wellness Director, [constancep@ywcaaws.org](mailto:constancep@ywcaaws.org), 336-354-1589 ext. 318



eliminating racism  
empowering women  
**ywca**