

June Group Exercise



Schedule is subject to change without advanced notice.

Happy Father's Day!

MONDAY

New Classes in Red Text

START	END	CLASS	INSTRUCTOR	LOCATION	BENEFITS
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	Gym Court 1 & 2	
9:00am	9:45am	SilverSneakers® Classic	Constance G.	Studio A	Improve Balance & Coordination
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	BodyPump	Jewel	Studio A	Follow-along weightlifting
6:55pm	7:55pm	Zumba	Jewel	Studio A	High energy dance party
7:45pm	8:45pm	Kemetic Yoga	Dawanna	Studio B	

TUESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	BENEFITS
6:30am	7:30am	Intervals	Nancy	Studio A	
8:00am	8:45am	Chair Exercise	Liz H	Studio A	
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	9:45am	Workout Circuit on Track	Thomas	Track	
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	
11:00am	11:45am	Senior w/Pom Poms	Emma	Studio A	
11:15am	12:00pm	Plyometrics, Stretching & Core	Thomas	Studio B	
12:00pm	1:00pm	BodyPump	Abby	Studio A	Follow-along weightlifting
12:30pm	1:15pm	Pilates	Taryn	Studio B	Stretch & Sculpt
1:20pm	2:00pm	Core Barre	Taryn	Studio B	Toning, Lengthening and Core Strength
4:30pm	5:25pm	Dance Trance	Amy	Studio A	
5:00pm	5:30pm	Plyometrics, Stretching & Core	Thomas	Studio B	Plyometrics & Stretching
5:30pm	6:15pm	Boot Camp	Emma	Studio A	Alternate high and low intensity exercises
5:45pm	6:45pm	Workout Circuit on Track	Thomas	Track	
6:00pm	7:00pm	Hot Yoga	LaShanda	Studio D	Studio D is on the track
6:30pm	7:30pm	BodyPump	Julianne	Studio A	Follow-along weightlifting

WEDNESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	BENEFITS
8:00am	8:45am	SilverSneakers Classic	Constance G.	Studio A	Improve Balance & Coordination
8:00am	12:00pm	Pickleball - <i>Intermediate/Advanced</i>	Albert/Marcus	Courts 1, 2 & 3	
9:00am	9:45am	Workout Circuit on Track	Thomas	Track	
9:00am	9:45am	FitBody	Emma	Studio A	
10:00am	11:00am	Total Body Workout on Track	Thomas	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	11:45am	Meditation	Lynn E	Studio D	Located on Track
11:15am	12:00pm	Pilates	Hope	Studio B	
12:00pm	1:00pm	Adult w/Pom Poms	Emma	Studio A	
12:00pm	2:30pm	Pickleball - <i>Experienced Beginners</i>	Brent	Gym Court 1 & 2	
12:15pm	1:15pm	Lunch Hour Yoga	Shakira	Studio B	
5:30pm	6:30pm	Vinyasa Yoga	Morgan	Studio B	Flexibility, Meditation & Core Strength
5:45pm	6:45pm	BodyPump	Lisa	Studio A	Follow-along weightlifting

THURSDAY

START	END	CLASS	INSTRUCTOR	LOCATION	BENEFITS
6:30am	7:30am	Intervals	Nancy	Studio A	
8:00am	8:45am	Chair Exercise	Liz H	Studio A	
8:00am	12:30pm	Pickleball - Experienced Beginners	Brent	Gym Court 1 & 2	
8:00am	12:30pm	Pickleball - Intermediate/Advanced	Albert	Court 3 (half court)	
9:00am	10:00am	Tai Chi Balance	James	Studio A	
9:00am	9:45am	Workout Circuit on Track	Thomas	Track	
9:00am	10:00am	Weight Room Training 101	Liz H	Wellness Center	
10:00am	10:45am	Stair Climbing	Emma	Steps	
10:00am	10:45am	SilverSneakers Yoga	Lynn	Studio A	
10:00am	11:00am	Yoga-Alignment Based	Ginny	Studio B	
11:00am	11:45am	SilverSneakers® Classic	Emma	Studio A	Improve Balance & Coordination
11:15am	12:00pm	Plyometrics, Stretching & Core	Thomas	Studio B	
12:00pm	1:00pm	BodyPump	Abby	Studio A	Follow-along weightlifting
12:30pm	1:15pm	Pilates	Taryn	Studio B	
1:20pm	2:00pm	Core Barre	Taryn	Studio B	Toning, Lengthening and Core Strength
5:00pm	5:30pm	Plyometrics, Stretching & Core	Thomas	Studio B	
5:00pm	5:35pm	Strength & Conditioning	Emma	Studio A	
5:45pm	6:45pm	Workout Circuit on Track	Thomas	Track	
5:45pm	6:45pm	Kemetic Yoga	Dawanna	Studio B	
5:45pm	6:45pm	BodyPump	Jewel	Studio A	Follow-along weightlifting
6:55pm	7:55pm	Zumba	Amalia	Studio A	High energy dance party

FRIDAY

START	END	CLASS	INSTRUCTOR	LOCATION	BENEFITS
6:30am	7:30am	Core Strength	Nancy	Studio A	
8:00am	8:45am	Chair Exercise	Liz H	Studio A	
8:00am	12:30pm	Pickleball - Intermediate/Advanced	Albert/Marcus	Courts 1, 2 & 3	
9:00am	9:45am	Improve Your Strength	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 6/14 & 6/28
11:00pm	11:45pm	FitBody	Emma	Studio A	
5:30pm	6:30pm	Boot Camp	Emma	Studio A	Alternate high and low intensity exercises
6:00pm	7:00pm	Hot Yoga	LaShanda	Studio D	Studio D is on the track

SATURDAY

START	END	CLASS	INSTRUCTOR	LOCATION	BENEFITS
9:00am	10:00am	BodyPump (every Saturday)	Lisa	Studio A	Follow-along weightlifting
10:00am	11:00am	Pilates	Susan	Studio B	
10:15am	11:15am	Dance Trance	Amy	Studio A	
11:00am	12:15pm	Yoga	Susan	Studio B	

SUNDAY

START	END	CLASS	INSTRUCTOR	LOCATION	BENEFITS
1:30pm	2:30pm	Pilates	Susan	Studio B	
3:45pm	4:45pm	Dance Trance	Amy	Studio A	

YWCA

For more information about a class, please contact:

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

