

September Group Exercise



Labor Day YWCA closes at 2pm

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/Advance</i>	Albert/Marcus	Gym Court 1 & 2	
9:00am	9:45am	SilverSneakers® Classic	Constance G.	Studio A	
9:00am	9:30am	Boxing for Fitness	Deja	Studio B	
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	
11:00am	11:30am	Cardio Fit	Emma	Studio A	
12:00pm	12:30pm	Strength & Conditioning	Emma	Studio A	
5:00pm	5:30pm	Strength & Conditioning	Emma	Studio A	
5:45pm	6:45pm	BodyPump	Jewel	Studio A	
6:00pm	7:00pm	Strength Training	Michael	Wellness Center New Clas	
6:55pm	7:55pm	Zumba	Jewel	Studio A	

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	
8:00am	12:30pm	Pickleball - <i>Experienced Beginner</i>	Brent	Gym Court 1 & 2	
8:00am	12:30pm	Pickleball - <i>Intermediate/Advance</i>	Albert	Court 3 (half court)	
9:00am	9:45am	SilverSneakers® Yoga	Lynn E	Studio A	
9:00am	9:30am	Strong, Stretch, & Balance	Emma	Studio B	
9:00am	9:30am	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	11:45pm	Plyometric & Strecthing	Thomas	Studio B	
12:00pm	1:00pm	BodyPump	Abby	Studio A	
1:15pm	2:00pm	Pilates	Taryn	Studio B	
4:30pm	5:25pm	Dance Trance	Amy	Studio A	
5:30pm	6:00pm	Boot Camp	Emma	Studio A	
6:00pm	6:30pm	Functional Fitness Training	Thomas	Steps, Wellness Center, Track	
6:30pm	7:30pm	BodyPump	Julianne	Studio A	
7:15pm	7:45pm	Beginners Core Workout	Thomas	Studio B	New Class

WEDNESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:00am	8:45am	SilverSneakers Classic	Constance G.	Studio A	
8:00am	12:00pm	Pickleball - <i>Intermediate/Advance</i>	Albert/Marcus	Courts 1, 2 & 3	
9:00am	9:30am	Workout Circuit on Track	Thomas	Track	
9:00am	9:30am	FitBody	Emma	Studio A	
10:00am	10:30am	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	11:30am	Strength & Conditioning	Emma	Studio A	
11:15am	12:00pm	Pilates	Hope	Studio B	
12:00pm	12:45pm	Adult w/Pom Poms	Emma	Studio A	
12:00pm	2:30pm	Pickleball - <i>Experienced Beginner</i>	Brent	Gym Court 1 & 2	
5:30pm	6:30pm	Vinyasa Yoga	Morgan	Studio B	
5:45pm	6:45pm	BodyPump	Lisa	Studio A	
7:00pm	7:30pm	Glute Class	Deja	Studio A	New Class

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 - Experienced Beginner	Brent	Gym Court 1 & 2	
8:00am	12:30pm	Pickleball - Intermediate/Advance	Albert	Court 3 (half court)	
9:00am	10:00am	Tai Chi Balance	James	Studio A	
9:00am	9:30am	Weight Room Training 101	Liz H	Wellness Center	
10:00am	10:30am	Stair Climbing	Emma	Indoor 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	
11:15am	11:45pm	Plyometric & Strecthing	Thomas	Studio B	
12:00pm	1:00pm	BodyPump	Abby	Studio A	
5:00pm	5:30pm	Strength & Conditioning	Emma	Studio A	
5:45pm	6:45pm	BodyPump	Jewel	Studio A	
6:00pm	6:30pm	Stair Climbing	Emma	Steps	
6:00pm	6:30pm	Functional Fitness Training	Thomas	Wellness Center & Track	
7:00pm	8:00pm	Mixed Fit (hip hop dance aerobics)	Erica	Studio A	
7:15pm	7:45pm	Beginners Core Workout	Thomas	Studio B	New Class

FRIDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
6:30am	7:30am	Core Strength	Nancy	Studio A	
8:00am	8:45am	Chair Exercise	Deja	Studio A	
8:00am	12:30pm	Pickleball - Intermediate/Advance	Albert/Marcus	Courts 1, 2 & 3	
9:00am	9:30am	Boxing for Fitness	Deja	Studio B	Bring Your
9:00am	9:45am	Seniors in Motion	Emma	Studio A	
10:00am	11:00am	Yoga - Alignment Based	Ryan	Studio B	
10:00am	10:30am	Indoor/Outdoor Power Walk	Emma	Indoor Track	
10:00am	10:45am	Line Dancing	Adam/Pam/Claudia	Studio A	Offered 9/1
11:00pm	11:30pm	FitBody	Emma	Studio A	
5:30pm	6:30pm	Boot Camp	Emma	Studio A	
7:00pm	7:30pm	Glute Class	Deja	Studio A	New Class

SATURDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
9:00am	10:00am	BodyPump (every Saturday)	Lisa	Studio A	
10:15am	11:15am	Dance Trance	Amy	Studio A	
11:00am	12:15pm	Yoga	Lynn	Studio B	Temporari

SUNDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
3:45pm	4:45pm	Dance Trance	Amy	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

