

March Group Exercise



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	Jimmi	Studio A	
9:00am	9:45am	SilverSneakers® Classic	Jimmi	Studio A	
10:00am	11:00am	Yoga-Alignment Based	Ginny	Studio B	
10:00am	10:45am	Line Dancing	Claudia/Pam	Studio A	
10:00am	11:00pm	Power Walk	Emma	Indoor/Outdoor	
11:00am	11:30am	Cardio Fit	Emma	Studio A	
5:00pm	5:30pm	Strength & Conditioning	Emma	Studio A	
5:30pm	6:30pm	Yoga	LaShanda	Studio B	New Class
5:45pm	6:45pm	BodyPump	Jewel	Studio A	
6:00pm	7:00pm	Strength Training	Michael	Wellness Center	
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	
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	
12:00pm	1:00pm	BodyPump	Abby	Studio A	
1:15pm	2:00pm	Pilates	Taryn	Studio B	Class will be held in studio A on the 3/3
4:30pm	5:25pm	Dance Trance	Amy	Studio A	
5:30pm	6:00pm	Boot Camp	Emma	Studio A	
6:00pm	6:30pm	Pound	Jessica	Studio B	

WEDNESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:00am	8:45am	SilverSneakers Classic	Constance G.	Studio A	
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	Workout Circuit on Track	Thomas	Track	
11:00am	11:30am	Strength & Conditioning	Emma	Studio A	
11:15am	12:00pm	Pilates	Hope	Studio B	
12:00pm	12:45pm	Beginner Core Workout	Thomas	Studio A	
5:45pm	6:45pm	BodyPump	Lisa	Studio A	
6:00pm	6:30pm	Pound	Jessica	Studio B	
6:00pm	7:00pm	Strength Training	Michael	Wellness Center	
7:00pm	8:00pm	Yoga (all levels)	Dawanna	Studio B	New Class
7:00pm	8:00pm	Zumba	Lisa	Studio A	

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	
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
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
7:00pm	8:00pm	Mixed Fit (hip hop dance aerobics)	Erica	Studio A

FRIDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
6:30am	7:30am	Core Strength	Nancy	Studio A	
8:00am	8:45am	Chair Exercise	Emma	Studio A	
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	<i>Offered 3/6, 3/20</i>
10:00am	11:00am	Zumba	Jimmi	Studio A	<i>Offered 3/13, 3/27</i>
11:15pm	11:45pm	FitBody	Emma	Studio A	
5:30pm	6:30pm	Boot Camp	Emma	Studio A	

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	LaShanda	Studio B	

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:

Jordan Hicks, Wellness Director, jhicks@ywcaaws.org, 336-354-1589 ext. 2



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