

# November Group Exercise

**YWCA  
IS ON A  
MISSION**

## MONDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:00am	8:45am	Total Body Workout	Thomas	Track	<b>Advanced</b>
9:00am	10:00am	Senior Cardio	Jimmi	Studio A	All Levels
10:00am	11:00am	Alignment Based Yoga	Ryan	Studio A	All Levels
5:30pm	6:15pm	Higher Peak Fit	Emma	Main Staircase	<b>Advanced</b>
6:30pm	7:30pm	Pound	Jessica	Studio B	All Levels
6:30pm	7:30pm	Zumba	Dwayne	Studio A	All Levels

## TUESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:00am	8:45am	Core	Thomas	Studio A	All Levels
9:00am	9:45am	Senior Pom-Poms	Emma	Studio A	All Levels
10:00am	11:00am	SilverSneakers® Chair Yoga	Lynn	Studio A	All Levels
10:00am	11:00am	Press on Power Walkers	Emma	Meet in Lobby	<b>Advanced</b>
5:30pm	6:30pm	Strength Training	Emma	Studio A	All Levels
6:30pm	7:30pm	Zumba - <b>NEW INSTRUCTOR!</b>	Ashley	Studio A	All Levels

## WEDNESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:00am	8:45am	Total Body Workout	Thomas	Track in Gym	<b>Advanced</b>
9:00am	9:45am	Strong, Stretch & Balance	Emma	Studio A	All Levels
10:00am	11:00am	SilverSneakers® Yoga	Lynn	Studio A	All Levels
5:30pm	6:15pm	Higher Peak Fit	Emma	Main Staircase	<b>Advanced</b>
5:30pm	6:30pm	Yoga	Karen	Studio A	All Levels
6:30pm	7:30pm	Zumba	Dwayne	Studio A	All Levels

## THURSDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
9:00am	10:00am	Tai Chi	Mr. King	Studio B	All Levels
9:00am	9:45am	Senior Pom-Poms	Emma	Studio A	All Levels
10:00am	11:00am	Steady Power Walkers	Emma	Meet in Lobby	All Levels
10:00am	11:00am	Yoga	Ginny	Studio A	All Levels
6:00pm	7:00pm	Mixed Fit	Erica	Studio A	All Levels
6:00pm	7:00pm	BodyPump	Lisa	Studio B	All Levels

## FRIDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
9:00am	10:00am	Zumba - <b>NEW INSTRUCTOR!</b>	Ashley	Studio A	All Levels; <b>ONLY 11/13 &amp; 11/27</b>
10:00am	11:00am	Yoga	Ryan	Studio A	All Levels

## SATURDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
9:00am	10:00am	Zumba - <b>NEW INSTRUCTOR!</b>	Ashley	Studio A	All Levels
10:00am	11:00am	Yoga	Karen	Studio A	All Levels

**YWCA IS ON A MISSION**

Hours of Operation: Monday - Friday 7:00 am - 7:30 pm; Saturday 7:00 am - 12:00 pm

For more information about a class, please contact:

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