

# January Group Exercise

## MONDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
9:00am	10:00am	Senior Cardio	Jimmi	Studio A	All Levels
10:00am	11:00am	Alignment Based Yoga	Ryan	Studio A	All Levels
10:00am	10:45am	Steady Power Walkers	Emma	Meet in Lobby	All Levels
11:00am	11:45am	Senior Pom-Poms	Emma	Studio A	All Levels
5:30pm	6:15pm	Higher Peak Fit	Emma	Main Staircase	<b>Advanced</b>
6:30pm	7:30pm	High Fitness <b>(New Instructor)</b>	Sara	Studio A	All Levels

## TUESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
9:00am	9:45am	Senior Pom-Poms	Emma	Studio A	All Levels
10:00am	11:00am	SilverSneakers® Yoga	Lynn	Studio A	All Levels
11:00am	12:00pm	Mat Strong, Stretch & Balance	Emma	Studio A	All Levels
5:30pm	6:15pm	Strength Training	Emma	Studio A	All Levels
6:30pm	7:15pm	Boot Camp	Emma	Studio A	<b>Advanced</b>
6:30pm	7:30pm	Pound®	Jess	Studio B	All Levels

## WEDNESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
9:00am	9:45am	Cardio Fit	Emma	Studio A	All Levels
10:00am	11:00am	All-Level Yoga	Lynn	Studio A	All Levels
10:00am	11:00am	Steady Power Walkers	Emma	Meet in Lobby	All Levels
5:30pm	6:15pm	Higher Peak Fit	Emma	Studio A	<b>Advanced</b>
6:30pm	7:30pm	High Fitness <b>(New Instructor)</b>	Sara	Studio A	All Levels ONLY; 1/6,1/13,1/27

## THURSDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:00am	9:00am	SilverSneakers® Yoga	Constance	Studio A	All Levels
9:00am	10:00am	SilverSneakers® Classic	Constance	Studio A	All Levels
9:00am	10:00am	Tai Chi	Mr. King	Studio B	All Levels
10:00am	11:00am	Yoga	Ginny	Studio A	All Levels
11:00am	12:00pm	SilverSneakers® Yoga	Lynn	Studio A	All Levels
6:00pm	7:00pm	MixedFit®	Erica	Studio A	All Levels
6:00pm	7:00pm	BodyPump	Lisa	Studio B	All Levels

## FRIDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:00am	8:45am	SilverSneakers® Boom	Constance	Studio A	All Levels
10:00am	11:00am	Yoga	Ryan	Studio A	All Levels

## SATURDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
9:00am	10:00am	High Fitness <b>(New Instructor)</b>	Sara	Studio A	All Levels

Hours of Operation: Monday - Friday 6:30 am - 8:00 pm; Saturday 7:00 am - 12:00 pm

For more information about a class, please contact:

Jennifer Allen, Director of Wellness & Fitness, [jennifera@ywcaws.org](mailto:jennifera@ywcaws.org), 336-354-1589

