

July Group Exercise

**YWCA
IS ON A
MISSION**

MONDAY

START	END	CLASS	INSTRUCT	LOCATION	NOTES
9:00am	10:00am	Senior Cardio	Jimmi	Studio A	All Levels
10:00am	11:00am	Senior Pom-Poms	Emma	Studio A	All Levels - No Class 7/5
11:00am	12:00pm	Alignment Based Yoga	Ryan	Studio A	All Levels
12:00pm	1:00pm	Kettlebell AMPD®	Teresa	Studio A	All Levels - No Class 7/19
5:30pm	6:15pm	Higher Peak Fit	Emma	Main Staircase	Advanced No Class 7/5
6:30pm	7:30pm	Boot Camp	Emma	Track or Outside	Advanced No Class 7/5
6:30pm	7:30pm	MixedFit® NEW INSTRUCTOR!	Mickey	Studio A	All Levels

TUESDAY

START	END	CLASS	INSTRUCT	LOCATION	NOTES
9:00am	9:45am	Senior Pom-Poms	Emma	Studio A	All Levels No Class 7/6
10:00am	10:45am	SilverSneakers® Yoga	Lynn	Studio A	All Levels
10:00am	10:45am	Steady Power Walkers	Emma	Meet in Lobby	All Levels No Class 7/6
11:00am	12:00pm	Mat Strong, Stretch & Balance	Emma	Studio A	All Levels No Class 7/6
5:30pm	6:15pm	Strength Training	Emma	Studio A	Advanced
6:30pm	7:30pm	MixedFit®	DeeDee	Studio A	All Levels
6:30pm	7:30pm	BodyPump®	Mindy	Studio B	All Levels Class ends 7/13

WEDNESDAY

START	END	CLASS	INSTRUCT	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	10:45am	Steady Power Walkers	Emma	Meet in Lobby	All Levels
11:00am	12:00pm	Chair Strong, Stretch & Balance	Emma	Studio A	All Levels
12:00pm	12:30pm	Core Blast NEW CLASS!	Teresa	Studio A	All Levels
12:30pm	1:00pm	30 MIN HIIT	Teresa	Studio A	Advanced
5:30pm	6:15pm	Pom-Poms	Emma	Studio A	All Levels
6:30pm	7:15pm	Boot Camp	Emma	Track or Outside	Advanced

THURSDAY

START	END	CLASS	INSTRUCT	LOCATION	NOTES
8:00am	9:00am	SilverSneakers® Classic	Constance	Studio A	All Levels
9:00am	10:00am	Tai Chi	Mr. King	Studio B	All Levels
9:00am	10:00am	SilverSneakers® Yoga	Constance	Studio A	All Levels
10:00am	11:00am	Yoga	Ginny	Studio A	All Levels
11:15am	12:00pm	SilverSneakers® Yoga	Lynn	Studio A	All Levels
5:30pm	6:30pm	Kettlebell AMPD®	Mindy	Gathering Room	All Levels Class Ends 7/15
6:00pm	7:00pm	MixedFit®	Erica	Studio A	All Levels

6:00pm 7:00pm BodyPump® Lisa Studio B All Levels

FRIDAY

START	END	CLASS	INSTRUCT	LOCATION	NOTES
8:00am	8:45am	SilverSneakers® Boom	Constance	Studio A	All Levels
9:00am	10:00am	Senior Cardio	Jimmi	Studio A	All Levels
10:00am	11:00am	Yoga	Ryan	Studio A	All Levels
11:00am	12:00pm	AMPD Power Flow® NEW CLASS!	Teresa	Studio A	All Levels - No Class 7/23
12:00pm	12:30pm	Core Blast NEW CLASS!	Teresa	Studio A	All Levels - No Class 7/23

SATURDAY

START	END	CLASS	INSTRUCT	LOCATION	NOTES
9:00am	10:00am	MixedFit® NEW INSTRUCTOR!	Mickey	Studio A	3rd & 17th ONLY
9:00am	10:00am	MixedFit®	DeeDee	Studio A	10th & 24th ONLY
10:00am	11:00am	BodyPump®	Teresa	Studio A	All Levels

Hours of Operation: Monday - Friday 6:30 am - 8:00 pm; Saturday 7:00 am - 2:00 pm

Questions regarding a class? Contact Wellness Director Jennifer Allen at jennifera@ywcaws.org or by phone at 336-354-1589.

