

# September Group Exercise

**YWCA**  
**IS ON A**  
**MISSION**

## MONDAY

START	END	CLASS	INSTRUCTOR	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
10:00am	11:00am	BodyPump®	Teresa	Studio B	All Levels; No Class 9/6
11:00am	12:00pm	Alignment Based Yoga	Ryan	Studio A	All Levels
5:30pm	6:15pm	Higher Peak Fit	Emma	Main Staircase	Advanced
6:30pm	7:30pm	Boot Camp	Emma	Track or Outside	Advanced
6:30pm	7:30pm	MixedFit®	Mickey	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	10:45am	SilverSneakers® Yoga	Lynn	Studio A	All Levels
10:00am	10:45am	Steady Power Walkers	Emma	Meet in Lobby	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	7:30pm	MixedFit®	DeeDee	Studio A	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	10:45am	Steady Power Walkers	Emma	Meet in Lobby	All Levels
10:00am	11:00am	BodyPump®	Teresa	Studio B	All Levels
11:00am	12:00pm	Chair Strong,Stretch & Balance	Emma	Studio A	All Levels
12:00pm	12:30pm	<b>Boot Camp</b>	Teresa	Studio A	<b>All Levels</b>
5:30pm	6:15pm	Pom-Poms	Emma	Studio A	All Levels
6:30pm	7:30pm	Zumba®	Shelby	Studio A	All Levels
6:30pm	7:15pm	Boot Camp	Emma	Track or Outside	Advanced

## THURSDAY

START	END	CLASS	INSTRUCTOR	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
6:00pm	6:45pm	Kickboxing <b>NEW CLASS!</b>	Tania	Studio A	All Levels
7:00pm	8:00pm	Zumba®	Shelby	Studio A	All Levels

## FRIDAY

START	END	CLASS	INSTRUCTOR	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	11:45am	Strength & Balance <b>New Class!</b>	Teresa	Studio A	All Levels; No Class 9/3
12:00pm	12:30pm	Core Blast	Teresa	Studio A	All Levels; No Class 9/3

## SATURDAY

START	END	INSTRUCTOR	LOCATION	NOTES	
9:00am	10:00am	MixedFit®	Mickey	Studio A	<b>All Levels; Instructs on 9/4 &amp; 9/18</b>
9:00am	10:00am	MixedFit®	DeeDee	Studio A	<b>All Levels; Instructs on 9/11 &amp; 9/25</b>
10:00am	11:00am	Zumba®	Shelby	Studio A	<b>All Levels; No Class 9/11</b>
10:00am	11:00am	BodyPump®	Teresa	Studio B	<b>All Levels; No Class 9/4</b>
11:00am	11:45pm	Kickboxing <b>NEW CLASS!</b>	Teresa	Studio A	<b>All Levels; No Class 9/4</b>

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

**Questions regarding a class? Contact Wellness Director Jennifer Allen at jennifer@ by phone at 336-354-1589.**

