

# October 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
11:00am	12:00pm	Alignment Based Yoga	Ryan	Studio A	All Levels
<b>11:00am</b>	<b>11:45am</b>	<b>Kickboxing</b>	<b>Teresa</b>	<b>Studio B</b>	<b>All Levels</b>
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
<b>11:00am</b>	<b>11:45am</b>	<b>Kickboxing 30 MIN</b>	<b>Teresa</b>	<b>Studio B</b>	<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; No Class 10/6
<b>6:30pm</b>	<b>7:00pm</b>	<b>Boot Camp 30 MIN</b>	<b>Emma</b>	<b>Track or Outside</b>	<b>Advanced</b>

## 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
<b>6:15pm</b>	<b>7:00pm</b>	<b>Kickboxing</b>	<b>Tania</b>	<b>Studio A</b>	<b>All Levels</b>
7:00pm	8:00pm	Zumba®	Shelby	Studio B	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	Teresa	Studio A	All Levels
<b>4:30pm</b>	<b>5:15pm</b>	<b>Kickboxing Boot Camp</b>	<b>Tania</b>	<b>Studio A</b>	<b>All Levels</b>

## SATURDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
9:00am	10:00am	MixedFit®	Mickey	Studio A	All Levels; 10/2, 16 & 30
9:00am	10:00am	MixedFit®	DeeDee	Studio A	All Levels; 10/9 & 10/23
10:00am	11:00am	Zumba®	Shelby	Studio A	All Levels; No Class 10/2
10:00am	11:00am	BodyPump®	Teresa	Studio B	All Levels
<b>11:00am</b>	<b>11:45am</b>	<b>Kickboxing</b>	<b>Teresa</b>	<b>Studio B</b>	<b>All Levels</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 [jennifera@ywcaws.org](mailto:jennifera@ywcaws.org) or by phone at 336-354-1589.

