## **October Group Exercise**

<b>YWCA</b>
IS ON A
<b>MISSION</b>

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		Alignment Based Yoga	Ryan	Studio A	All Levels
	11:45am	Kickboxing	Teresa	Studio B	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	MixxedFit®	Mickey	Studio A	All Levels
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START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
9:00am	9:45am	Senior Pom-Poms	Emma	Studio A	All Levels
10:00am		SilverSneakers® Yoga	Lynn	Studio A	All Levels
10:00am		Steady Power Walkers	Emma	Meet in Lobby	All Levels
11:00am		Mat Strong, Stretch & Balance	Emma	Studio A	All Levels
5:30pm	6:15pm	Strength Training	Emma	Studio A	All Levels
6:30pm	7:30pm	MixxedFit®	DeeDee	Studio A Studio A	All Levels
WEDNES		WILACUI ILO	Deedee	Studio A	All Levels
START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
9:00am	9:45am	Cardio Fit	Emma	Studio A	All Levels
10:00am		All-Level Yoga	Lynn	Studio A Studio A	All Levels
10:00am		Steady Power Walkers	Emma	Meet in Lobby	
10:00am		BodyPump®	Teresa	•	All Levels
				Studio B	All Levels
11:00am		Chair Strong, Stretch & Balance	Emma	Studio A	All Levels
	11:45am	Kickboxing 30 MIN	Teresa	Studio B	All Levels
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
C-20	7.00	Daat Camer OO MINI	C	Track or Outside	A alconomical
6:30pm	7:00pm	Boot Camp 30 MIN	Emma	Track or Outside	Advanced
THURSD	AY	•			
THURSD START	AY END	CLASS	INSTRUCTOR	LOCATION	NOTES
THURSD START 8:00am	END 9:00am	CLASS SilverSneakers® Classic	INSTRUCTOR Constance	<b>LOCATION</b> Studio A	NOTES All Levels
START 8:00am 9:00am	END 9:00am 10:00am	CLASS SilverSneakers® Classic Tai Chi	INSTRUCTOR Constance Mr. King	LOCATION Studio A Studio B	NOTES All Levels All Levels
THURSD START 8:00am 9:00am 9:00am	9:00am 10:00am 10:00am	CLASS SilverSneakers® Classic Tai Chi SilverSneakers® Yoga	INSTRUCTOR Constance Mr. King Constance	LOCATION Studio A Studio B Studio A	NOTES All Levels All Levels All Levels
THURSD START 8:00am 9:00am 9:00am 10:00am	9:00am 10:00am 10:00am 11:00am	CLASS SilverSneakers® Classic Tai Chi SilverSneakers® Yoga Yoga	INSTRUCTOR Constance Mr. King Constance Ginny	LOCATION Studio A Studio B Studio A Studio A	NOTES All Levels All Levels All Levels All Levels
THURSD START 8:00am 9:00am 9:00am 10:00am 11:15am	9:00am 10:00am 10:00am 11:00am 12:00pm	CLASS SilverSneakers® Classic Tai Chi SilverSneakers® Yoga Yoga SilverSneakers® Yoga	INSTRUCTOR Constance Mr. King Constance Ginny Lynn	Studio A Studio B Studio A Studio A Studio A Studio A	All Levels All Levels All Levels All Levels All Levels All Levels
THURSD START 8:00am 9:00am 9:00am 10:00am 11:15am 6:15pm	9:00am 10:00am 10:00am 11:00am 12:00pm <b>7:00pm</b>	CLASS SilverSneakers® Classic Tai Chi SilverSneakers® Yoga Yoga SilverSneakers® Yoga Kickboxing	INSTRUCTOR Constance Mr. King Constance Ginny Lynn Tania	Studio A	All Levels
THURSD START 8:00am 9:00am 9:00am 10:00am 11:15am 6:15pm 7:00pm	9:00am 10:00am 10:00am 11:00am 12:00pm	CLASS SilverSneakers® Classic Tai Chi SilverSneakers® Yoga Yoga SilverSneakers® Yoga	INSTRUCTOR Constance Mr. King Constance Ginny Lynn	Studio A Studio B Studio A Studio A Studio A Studio A	All Levels All Levels All Levels All Levels All Levels All Levels
THURSD START 8:00am 9:00am 10:00am 11:15am 6:15pm 7:00pm FRIDAY	9:00am 10:00am 10:00am 11:00am 12:00pm <b>7:00pm</b> 8:00pm	CLASS SilverSneakers® Classic Tai Chi SilverSneakers® Yoga Yoga SilverSneakers® Yoga Kickboxing Zumba®	INSTRUCTOR Constance Mr. King Constance Ginny Lynn Tania Shelby	Studio A Studio B	All Levels
THURSD START 8:00am 9:00am 10:00am 11:15am 6:15pm 7:00pm FRIDAY START	9:00am 10:00am 10:00am 11:00am 12:00pm <b>7:00pm</b> 8:00pm	CLASS SilverSneakers® Classic Tai Chi SilverSneakers® Yoga Yoga SilverSneakers® Yoga Kickboxing Zumba® CLASS	INSTRUCTOR Constance Mr. King Constance Ginny Lynn Tania Shelby INSTRUCTOR	Studio A Studio B	All Levels
THURSD START 8:00am 9:00am 9:00am 10:00am 11:15am 6:15pm 7:00pm FRIDAY START 8:00am	9:00am 10:00am 10:00am 11:00am 12:00pm <b>7:00pm</b> 8:00pm	CLASS SilverSneakers® Classic Tai Chi SilverSneakers® Yoga Yoga SilverSneakers® Yoga Kickboxing Zumba®  CLASS SilverSneakers® Boom	INSTRUCTOR Constance Mr. King Constance Ginny Lynn Tania Shelby INSTRUCTOR Constance	LOCATION Studio A Studio B Studio A Studio A Studio A Studio A Studio B  LOCATION Studio A	All Levels
THURSD START 8:00am 9:00am 9:00am 10:00am 11:15am 6:15pm 7:00pm FRIDAY START 8:00am 9:00am	9:00am 10:00am 10:00am 11:00am 12:00pm 7:00pm 8:00pm 8:45am 10:00am	CLASS SilverSneakers® Classic Tai Chi SilverSneakers® Yoga Yoga SilverSneakers® Yoga Kickboxing Zumba®  CLASS SilverSneakers® Boom Senior Cardio	INSTRUCTOR Constance Mr. King Constance Ginny Lynn Tania Shelby INSTRUCTOR Constance Jimmi	LOCATION Studio A Studio B Studio A Studio A Studio A Studio A Studio B  LOCATION Studio A Studio A	All Levels
THURSD START 8:00am 9:00am 10:00am 11:15am 6:15pm 7:00pm FRIDAY START 8:00am 9:00am 10:00am	9:00am 10:00am 10:00am 11:00am 12:00pm 7:00pm 8:00pm 8:45am 10:00am 11:00am	CLASS SilverSneakers® Classic Tai Chi SilverSneakers® Yoga Yoga SilverSneakers® Yoga Kickboxing Zumba®  CLASS SilverSneakers® Boom Senior Cardio Yoga	INSTRUCTOR Constance Mr. King Constance Ginny Lynn Tania Shelby INSTRUCTOR Constance Jimmi Ryan	LOCATION Studio A Studio B Studio A Studio A Studio A Studio A Studio B  LOCATION Studio A Studio A Studio A Studio A	All Levels
THURSD START 8:00am 9:00am 10:00am 11:15am 6:15pm 7:00pm FRIDAY START 8:00am 9:00am 10:00am 11:00am	9:00am 10:00am 10:00am 11:00am 12:00pm 7:00pm 8:00pm 8:45am 10:00am 11:00am 11:45am	CLASS SilverSneakers® Classic Tai Chi SilverSneakers® Yoga Yoga SilverSneakers® Yoga Kickboxing Zumba®  CLASS SilverSneakers® Boom Senior Cardio Yoga Strength & Balance	INSTRUCTOR Constance Mr. King Constance Ginny Lynn Tania Shelby INSTRUCTOR Constance Jimmi Ryan Teresa	LOCATION Studio A Studio B Studio A Studio A Studio A Studio A Studio B  LOCATION Studio A	All Levels
THURSD START 8:00am 9:00am 10:00am 11:15am 6:15pm 7:00pm FRIDAY START 8:00am 9:00am 10:00am 11:00am 4:30pm	9:00am 10:00am 10:00am 11:00am 12:00pm 7:00pm 8:00pm 8:45am 10:00am 11:00am 11:45am 5:15pm	CLASS SilverSneakers® Classic Tai Chi SilverSneakers® Yoga Yoga SilverSneakers® Yoga Kickboxing Zumba®  CLASS SilverSneakers® Boom Senior Cardio Yoga	INSTRUCTOR Constance Mr. King Constance Ginny Lynn Tania Shelby INSTRUCTOR Constance Jimmi Ryan	LOCATION Studio A Studio B Studio A Studio A Studio A Studio A Studio B  LOCATION Studio A Studio A Studio A Studio A	All Levels
THURSD START 8:00am 9:00am 10:00am 11:15am 6:15pm 7:00pm FRIDAY START 8:00am 9:00am 10:00am 11:00am 4:30pm SATURD	9:00am 10:00am 10:00am 11:00am 12:00pm 7:00pm 8:00pm 8:45am 10:00am 11:45am 5:15pm	CLASS SilverSneakers® Classic Tai Chi SilverSneakers® Yoga Yoga SilverSneakers® Yoga Kickboxing Zumba®  CLASS SilverSneakers® Boom Senior Cardio Yoga Strength & Balance	INSTRUCTOR Constance Mr. King Constance Ginny Lynn Tania Shelby INSTRUCTOR Constance Jimmi Ryan Teresa Tania	LOCATION Studio A Studio A Studio A Studio A Studio A Studio A Studio B  LOCATION Studio A	All Levels
THURSD START 8:00am 9:00am 10:00am 11:15am 6:15pm 7:00pm FRIDAY START 8:00am 9:00am 10:00am 11:00am 4:30pm	9:00am 10:00am 10:00am 11:00am 12:00pm 7:00pm 8:00pm 8:45am 10:00am 11:00am 11:45am 5:15pm	CLASS SilverSneakers® Classic Tai Chi SilverSneakers® Yoga Yoga SilverSneakers® Yoga Kickboxing Zumba®  CLASS SilverSneakers® Boom Senior Cardio Yoga Strength & Balance	INSTRUCTOR Constance Mr. King Constance Ginny Lynn Tania Shelby INSTRUCTOR Constance Jimmi Ryan Teresa	LOCATION Studio A Studio A Studio A Studio A Studio A Studio A Studio B  LOCATION Studio A	All Levels
THURSD START 8:00am 9:00am 10:00am 11:15am 6:15pm 7:00pm FRIDAY START 8:00am 9:00am 10:00am 11:00am 4:30pm SATURD	9:00am 10:00am 10:00am 11:00am 12:00pm 7:00pm 8:00pm 8:45am 10:00am 11:45am 5:15pm	CLASS SilverSneakers® Classic Tai Chi SilverSneakers® Yoga Yoga SilverSneakers® Yoga Kickboxing Zumba®  CLASS SilverSneakers® Boom Senior Cardio Yoga Strength & Balance	INSTRUCTOR Constance Mr. King Constance Ginny Lynn Tania Shelby INSTRUCTOR Constance Jimmi Ryan Teresa Tania	LOCATION Studio A Studio A Studio A Studio A Studio A Studio A Studio B  LOCATION Studio A	All Levels
THURSD START 8:00am 9:00am 10:00am 11:15am 6:15pm 7:00pm FRIDAY START 8:00am 10:00am 11:00am 4:30pm SATURD START	9:00am 10:00am 10:00am 11:00am 12:00pm 7:00pm 8:00pm 8:45am 10:00am 11:00am 11:45am 5:15pm AY END	CLASS SilverSneakers® Classic Tai Chi SilverSneakers® Yoga Yoga SilverSneakers® Yoga Kickboxing Zumba®  CLASS SilverSneakers® Boom Senior Cardio Yoga Strength & Balance Kickboxing Boot Camp	INSTRUCTOR Constance Mr. King Constance Ginny Lynn Tania Shelby INSTRUCTOR Constance Jimmi Ryan Teresa Tania INSTRUCTOR	LOCATION Studio A Studio B  LOCATION Studio A	All Levels All Levels;
THURSD START 8:00am 9:00am 10:00am 11:15am 6:15pm 7:00pm FRIDAY START 8:00am 10:00am 11:00am 4:30pm SATURD START	9:00am 10:00am 10:00am 11:00am 12:00pm 7:00pm 8:00pm 8:45am 10:00am 11:00am 11:45am 5:15pm AY END	CLASS SilverSneakers® Classic Tai Chi SilverSneakers® Yoga Yoga SilverSneakers® Yoga Kickboxing Zumba®  CLASS SilverSneakers® Boom Senior Cardio Yoga Strength & Balance Kickboxing Boot Camp	INSTRUCTOR Constance Mr. King Constance Ginny Lynn Tania Shelby INSTRUCTOR Constance Jimmi Ryan Teresa Tania INSTRUCTOR	LOCATION Studio A Studio B  LOCATION Studio A	All Levels All Levels; 10/2,16 & 30 All Levels; 10/9
THURSD START 8:00am 9:00am 10:00am 11:15am 6:15pm 7:00pm FRIDAY START 8:00am 10:00am 11:00am 4:30pm SATURD START 9:00am 9:00am	9:00am 10:00am 10:00am 11:00am 12:00pm 7:00pm 8:00pm 8:45am 10:00am 11:45am 5:15pm AY END 10:00am	CLASS SilverSneakers® Classic Tai Chi SilverSneakers® Yoga Yoga SilverSneakers® Yoga Kickboxing Zumba®  CLASS SilverSneakers® Boom Senior Cardio Yoga Strength & Balance Kickboxing Boot Camp  MixxedFit®  MixxedFit®	INSTRUCTOR Constance Mr. King Constance Ginny Lynn Tania Shelby INSTRUCTOR Constance Jimmi Ryan Teresa Tania INSTRUCTOR Mickey DeeDee	LOCATION Studio A Studio A Studio A Studio A Studio A Studio A Studio B  LOCATION Studio A	All Levels All Levels; 10/2,16 & 30 All Levels; 10/9 & 10/23
THURSD START 8:00am 9:00am 10:00am 11:15am 6:15pm 7:00pm FRIDAY START 8:00am 10:00am 11:00am 4:30pm SATURD START 9:00am 9:00am	9:00am 10:00am 10:00am 11:00am 12:00pm 7:00pm 8:00pm 8:45am 10:00am 11:45am 5:15pm AY END	CLASS SilverSneakers® Classic Tai Chi SilverSneakers® Yoga Yoga SilverSneakers® Yoga Kickboxing Zumba®  CLASS SilverSneakers® Boom Senior Cardio Yoga Strength & Balance Kickboxing Boot Camp  MixxedFit®	INSTRUCTOR Constance Mr. King Constance Ginny Lynn Tania Shelby INSTRUCTOR Constance Jimmi Ryan Teresa Tania INSTRUCTOR Mickey	LOCATION Studio A Studio A Studio A Studio A Studio A Studio A Studio B  LOCATION Studio A	All Levels All Levels; 10/2,16 & 30 All Levels; 10/9 & 10/23 All Levels;No
THURSD START 8:00am 9:00am 10:00am 11:15am 6:15pm 7:00pm FRIDAY START 8:00am 10:00am 11:00am 4:30pm SATURD START 9:00am 9:00am 10:00am 10:00am 10:00am	9:00am 10:00am 10:00am 11:00am 12:00pm 7:00pm 8:00pm 8:45am 10:00am 11:45am 5:15pm AY END 10:00am 10:00am 11:00am	CLASS SilverSneakers® Classic Tai Chi SilverSneakers® Yoga Yoga SilverSneakers® Yoga Kickboxing Zumba®  CLASS SilverSneakers® Boom Senior Cardio Yoga Strength & Balance Kickboxing Boot Camp  MixxedFit®  Zumba®	INSTRUCTOR Constance Mr. King Constance Ginny Lynn Tania Shelby  INSTRUCTOR Constance Jimmi Ryan Teresa Tania  INSTRUCTOR Mickey DeeDee Shelby	LOCATION Studio A Studio A Studio A Studio A Studio A Studio A Studio B  LOCATION Studio A	All Levels All Levels; 10/2,16 & 30 All Levels; 10/9 & 10/23 All Levels;No Class 10/2
THURSD START 8:00am 9:00am 10:00am 11:15am 6:15pm 7:00pm FRIDAY START 8:00am 10:00am 11:00am 4:30pm SATURD START 9:00am 10:00am 10:00am 10:00am 10:00am 10:00am 10:00am	9:00am 10:00am 10:00am 11:00am 12:00pm 7:00pm 8:00pm 8:00pm END 8:45am 10:00am 11:45am 5:15pm AY END 10:00am 10:00am 11:00am 11:00am	CLASS SilverSneakers® Classic Tai Chi SilverSneakers® Yoga Yoga SilverSneakers® Yoga Kickboxing Zumba®  CLASS SilverSneakers® Boom Senior Cardio Yoga Strength & Balance Kickboxing Boot Camp  MixxedFit®  Zumba®  BodyPump®	INSTRUCTOR Constance Mr. King Constance Ginny Lynn Tania Shelby  INSTRUCTOR Constance Jimmi Ryan Teresa Tania  INSTRUCTOR Mickey DeeDee Shelby Teresa	LOCATION Studio A Studio A Studio A Studio A Studio A Studio A Studio B  LOCATION Studio A	All Levels All Levels; 10/2,16 & 30 All Levels; 10/9 & 10/23 All Levels;No Class 10/2 All Levels
THURSD START 8:00am 9:00am 10:00am 11:15am 6:15pm 7:00pm FRIDAY START 8:00am 9:00am 10:00am 4:30pm SATURD START 9:00am 10:00am 10:00am	9:00am 10:00am 10:00am 11:00am 12:00pm 7:00pm 8:00pm 8:45am 10:00am 11:45am 5:15pm AY END 10:00am 10:00am 11:00am	CLASS SilverSneakers® Classic Tai Chi SilverSneakers® Yoga Yoga SilverSneakers® Yoga Kickboxing Zumba®  CLASS SilverSneakers® Boom Senior Cardio Yoga Strength & Balance Kickboxing Boot Camp  MixxedFit®  Zumba®	INSTRUCTOR Constance Mr. King Constance Ginny Lynn Tania Shelby  INSTRUCTOR Constance Jimmi Ryan Teresa Tania  INSTRUCTOR Mickey DeeDee Shelby	LOCATION Studio A Studio A Studio A Studio A Studio A Studio A Studio B  LOCATION Studio A	All Levels All Levels; 10/2,16 & 30 All Levels; 10/9 & 10/23 All Levels;No Class 10/2

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 or by phone at 336-354-1589.











