



## ALEX W. SPEARS III FAMILY YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pickleball</b> Spears Court 1					5:00AM-3:00PM (Gym)		12:00PM-3:00PM (Gym)
<b>Pickleball</b> Spears Court 2					5:00AM-3:00PM (Gym)		
<b>Open Gym</b> Spears Court 3					5:00AM-9:00AM (Gym)		
<b>Open Gym</b> Spears Court 4					5:00AM-9:00AM (Gym)		
<b>Open Swim</b> Main Pool					5:00AM-6:30AM (Pool)  1:00PM-7:45PM (Pool)	7:00AM-9:00AM (Pool)  10:45AM-5:45PM (Pool)	12:00PM-5:45PM (Pool)
<b>Open Swim</b> 0 - 3 Feet/Zero Entry Area					5:00AM-8:45PM (Pool)	7:00AM-5:45AM (Pool)	12:00PM-5:45PM (Pool)
<b>5 Lanes Open</b> Lap Lanes					5:00AM-6:30AM (Pool)  1:00PM-4:00PM (Pool)  7:00PM-7:45PM (Pool)	7:00AM-10:30AM (Pool)  12:00PM-3:00PM (Pool)  5:00PM-5:45PM (Pool)	12:00PM-3:00PM (Pool)
<b>Les Mills RPM™</b> <b>(Virtual Instructor)</b> Cycle Studio					5:30AM-6:20AM (Cycle) <i>General I.</i>		
<b>Les Mills BODYPUMP™</b> Group Exercise Studio					5:30AM-6:30AM (Cardio & Strength) <i>Bruce Z.</i>	7:15AM-8:15AM (Cardio & Strength) <i>Caroline D.</i>  9:30AM-10:30AM (Cardio & Strength) <i>Kelly C.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>3 Lanes Open</b> Lap Lanes					6:30AM-8:00AM (Pool)  4:00PM-7:00PM (Pool)	10:30AM-12:00PM (Pool)  3:00PM-5:00PM (Pool)	3:00PM-5:00PM (Pool)
<b>Aquacise</b> Shallow Water					6:45AM-7:30AM (Shallow Water) <i>General I.</i>  7:30AM-8:15AM (Shallow Water) <i>General I.</i>		
<b>2 Lanes Open</b> Lap Lanes					8:00AM-1:00PM (Pool)		
<b>Water Walking</b> Shallow Water					8:15AM-9:00AM (Shallow Water) <i>Cecilia R.</i>		
<b>Les Mills</b> <b>BODYPUMP™</b> <b>Express</b> Group Exercise Studio					8:30AM-9:20AM (Cardio & Strength) <i>Kali D.</i>		
<b>Cycle</b> Cycle Studio					8:30AM-9:20AM (Cycle) <i>Gretchen W.</i>	8:30AM-9:20AM (Cycle) <i>Liz R.</i>	
<b>CANCELED:</b> <b>Active Adult</b> <b>Fitness</b> Spears 3 & 4					8:30AM-9:20AM (Active Adult) <i>General I.</i>		
<b>Pain Relief</b> Shallow Water					9:00AM-10:00AM (Shallow Water) <i>General I.</i>  11:30AM-12:15PM (Shallow Water) <i>Jane T.</i>		
<b>Deep Water</b> Deep Water					9:30AM-10:30AM (Deep Water) <i>AK H.</i>  11:00AM-12:00PM (Deep Water) <i>General I.</i>		
<b>Athletic</b> <b>Conditioning</b> Spears 3 & 4					9:30AM-10:25AM (Cardio & Strength) <i>Jennifer D.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga</b> Group Exercise Studio					9:30AM-10:25AM (Mind & Body) <i>Anne H.</i>  5:30PM-6:30PM (Mind & Body) <i>Cindy J.</i>	10:40AM-11:35AM (Mind & Body) <i>Alison P.</i>	
<b>Energizers</b> Shallow Water					10:00AM-11:00AM (Shallow Water) <i>General I.</i>		
<b>Barre</b> Group Exercise Studio					10:30AM-11:20AM (Strength) <i>Ashley C.</i>		
<b>SilverSneakers® Classic</b> Group Exercise Studio					11:30AM-12:25PM (Active Adult) <i>Jane P.</i>		
<b>Aqua-Arthritis Plus</b> Shallow Water					12:15PM-1:00PM (Shallow Water) <i>Jane T.</i>		
<b>Chair Yoga</b> Group Exercise Studio					12:45PM-1:40PM (Mind & Body) <i>Jane P.</i>		
<b>Open Gym</b> Spears Court 1					3:00PM-8:00PM (Gym)	7:00AM-6:00PM (Gym)	3:00PM-6:00PM (Gym)
<b>Les Mills BODYPUMP™ (Virtual Instructor)</b> Group Exercise Studio					4:30PM-5:15PM (Cardio & Strength) <i>General I.</i>		1:00PM-1:45PM (Cardio & Strength) <i>General I.</i>
<b>CANCELED: Les Mills BODYPUMP™ Express</b> Group Exercise Studio					4:30PM-5:20PM (Cardio & Strength) <i>General I.</i>		
<b>CANCELED: Les Mills BODYCOMBAT™</b> Group Exercise Studio						8:30AM-9:30AM (Cardio) <i>General I.</i>	
<b>HIIT</b> Group Exercise Studio						8:30AM-9:20AM (Cardio & Strength) <i>Dana H.</i>	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Zumba®Lift</b> Group Exercise Studio						11:45AM-12:40PM (Cardio & Strength) <i>Clarissa N.</i>	
<b>Open Gym</b> Spears Court 2							12:00PM-6:00PM (Gym)
<b>Mixed Level Yoga</b> Group Exercise Studio							2:00PM-2:55PM (Mind & Body) <i>Heidi E.</i>
<b>Zumba®</b> Group Exercise Studio							3:00PM-3:50PM (Cardio) <i>Karen W.</i>



## EDEN FAMILY YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Main Gym					5:00AM-7:00PM (Gym)	8:00AM-2:00PM (Gym)	
<b>2 Lanes Open</b> Lap Lanes					7:00AM-1:00PM (Pool)  1:00PM-6:50PM (Pool)	8:00AM-12:00PM (Pool)	
<b>Aqua Aerobics</b> Family Pool					8:00AM-9:00AM (Shallow Water) <i>General I.</i>  10:00AM-11:00AM (Shallow Water) <i>General I.</i>		
<b>Active Adult Fitness</b> Group Exercise Studio					9:00AM-9:50AM (Active Adult) <i>Morgan L.</i>		
<b>SilverSneakers® Classic</b> Group Exercise Studio					10:00AM-10:45AM (Active Adult) <i>Emma K.</i>		
<b>Cycle</b> Group Exercise Studio						8:15AM-9:15AM (Cycle) <i>Gina R.</i>	



## MARY PERRY RAGSDALE FAMILY YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Gym-court 2					5:30AM-2:00PM (Gym)		
<b>Open Gym</b> Gym-court 3					5:30AM-2:00PM (Gym)	8:00AM-5:00PM (Gym)	1:00PM-5:00PM (Gym)
<b>Open Gym</b> Gym-court 4					5:30AM-2:00PM (Gym)  6:00PM-8:00PM (Gym)	8:00AM-5:00PM (Gym)	1:00PM-5:00PM (Gym)
<b>Les Mills BodyBalance™ (Virtual Instructor)</b> Group Exercise Studio					5:35AM-6:35AM (Mind & Body) <i>General I.</i>		
<b>Les Mills Core™ (Virtual Instructor)</b> Group Exercise Studio					7:30AM-8:15AM (Cardio & Strength) <i>General I.</i>  8:30AM-8:55AM (Cardio & Strength) <i>General I.</i>		
<b>Trek N Tread</b> Wellness Center					9:00AM-9:50AM (Cardio & Strength) <i>Kim B.</i>		
<b>Cardio Plus</b> Group Exercise Studio					9:00AM-9:50AM (Cardio & Strength) <i>Sharon K.</i>		
<b>Faith, Fitness and Fellowship</b> Community Room					10:00AM-11:00AM (Active Adult) <i>Linda S.</i>		
<b>Gentle Yoga</b> Group Exercise Studio					10:10AM-10:55AM (Mind & Body) <i>Rebecca J.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pool</b> Zero Entry & Lanes 6-8 Unavailable to Members					12:00PM-3:00PM (Y Pool) <i>General I.</i>		
<b>Les Mills GRIT (Virtual Instructor)</b> Group Exercise Studio					6:00PM-6:30PM (Cardio & Strength) <i>General I.</i>		1:30PM-2:00PM (Cardio & Strength) <i>General I.</i>
<b>CANCELED: Yoga</b> Group Exercise Studio						8:05AM-8:50AM (Mind & Body) <i>Connie M.</i>	
<b>Les Mills BODYPUMP™</b> Group Exercise Studio						9:00AM-9:50AM (Cardio & Strength) <i>Janice T.</i>	
<b>Pickleball</b> Gym-court 1							1:00PM-3:00PM (Gym)
<b>Open Swim</b> Open Swim- Zero Entry & Lanes 6-8							1:00PM-4:45PM (Pool) <i>General I.</i>
<b>Yoga</b> Group Exercise Studio							2:30PM-3:30PM (Mind & Body) <i>Jessica A.</i>



## KATHLEEN PRICE BRYAN FAMILY YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Main Court					5:30AM-8:00PM (Gym)		
<b>Cycle</b> Cycle Studio					6:00AM-6:50AM (Cycle) <i>Lisa B.</i>	8:30AM-9:20AM (Cycle) <i>Chryssy C.</i>	
<b>Les Mills BodyBalance™ (Virtual Instructor)</b> Group Exercise Room 1					6:00AM-7:00AM (Mind & Body) <i>General I.</i>		
<b>8 Lanes Open</b> Lap Lanes					7:00AM-12:00PM (Pool)  2:00PM-4:30PM (Pool)  6:00PM-7:00PM (Pool)	10:00AM-3:30PM (Pool)	1:30PM-4:30PM (Pool)
<b>Aqua Aerobics</b> Family Pool					8:00AM-9:00AM (Shallow Water) <i>General I.</i>  9:00AM-10:00AM (Shallow Water) <i>Kimetha K.</i>		
<b>Deep End Only Open</b> Family Pool					8:00AM-10:00AM (Pool)	8:00AM-1:00PM (Pool)	
<b>CANCELED: Strength and Stretch</b> Group Exercise Room 1					8:00AM-8:50AM (Strength) <i>Chryssy C.</i>		
<b>Pilates</b> Group Exercise Room 1					9:00AM-9:45AM (Mind & Body) <i>General I.</i>		
<b>Active Adult Fitness</b> Group Exercise Room 1					10:00AM-10:50AM (Active Adult) <i>Dani J.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Swim</b> Family Pool					10:00AM-7:00PM (Pool)	7:30AM-8:00AM (Pool)  1:00PM-3:30PM (Pool)	1:30PM-4:30PM (Pool)
<b>Open Gym</b> Court 2					10:45AM-1:00PM (Gym)		
<b>CANCELED: Yoga</b> Group Exercise Room 1					11:00AM-11:50AM (Mind & Body) <i>Diane C.</i>		
<b>Les Mills THE TRIP (Virtual Instructor)</b> Cycle Studio					12:00PM-12:45PM (Cycle) <i>General I.</i>		
<b>Track Attack</b> Track					12:00PM-12:50PM (Cardio & Strength) <i>Amanda B.</i>		
<b>4 Lanes Open</b> Lap Lanes					12:00PM-2:00PM (Pool)		
<b>Les Mills BODYPUMP™ (Virtual Instructor)</b> Group Exercise Room 1					2:30PM-3:15PM (Cardio & Strength) <i>General I.</i>		3:00PM-4:00PM (Cardio & Strength) <i>General I.</i>
<b>2 Lanes Open</b> Lap Lanes					4:30PM-6:00PM (Pool)		
<b>Line Dancing</b> Group Exercise Room 1					5:00PM-5:50PM (Cardio) <i>Phylathia M.</i>		
<b>Les Mills SPRINT™ (Virtual Instructor)</b> Cycle Studio					5:30PM-6:00PM (Cycle) <i>General I.</i>		
<b>CANCELED: Zumba®</b> Group Exercise Room 1					6:00PM-6:50PM (Cardio) <i>Alex K.</i>		
<b>Yoga</b> Community Room						9:30AM-10:20AM (Mind & Body) <i>Diane C.</i>	
<b>Les Mills BODYPUMP™</b> Group Exercise Room 1						9:30AM-10:30AM (Cardio & Strength) <i>Tina B.</i>	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Zumba®</b> Group Exercise Room 1						10:45AM-11:35AM (Cardio) <i>April J.</i>	
<b>Les Mills RPM™</b> <b>(Virtual Instructor)</b> Cycle Studio						12:00PM-12:45PM (Cycle) <i>General I.</i>	2:00PM-2:45PM (Cycle) <i>General I.</i>
<b>Les Mills BODYCOMBAT™</b> Group Exercise Room 1						12:00PM-12:50PM (Cardio) <i>Mehi B.</i>	
<b>Les Mills BODYCOMBAT™</b> <b>(Virtual Instructor)</b> Group Exercise Room 1							9:30AM-10:20AM (Cardio) <i>General I.</i>



## REIDSVILLE FAMILY YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>3 Lanes Open</b> Lap Lanes					5:30AM-2:00PM (Pool)  4:00PM-7:30PM (Pool)	8:00AM-4:30PM (Pool)	
<b>Energizers</b> Family Pool					6:00AM-7:00AM (Shallow Water) <i>Carisha J.</i>		
<b>Open Swim</b> Family Pool					7:00AM-9:00AM (Pool)  4:00PM-7:30PM (Pool)	8:00AM-4:30PM (Pool)	
<b>Barre</b> Aerobics Room					7:30AM-8:30AM (Strength) <i>Meredith K.</i>		
<b>POUND®</b> <b>Unplugged</b> BB&T Room					8:45AM-9:15AM (Cardio) <i>Emily D.</i>		
<b>Aquacise</b> Family Pool					9:00AM-10:00AM (Shallow Water) <i>General I.</i>		
<b>Step &amp; Tone</b> BB&T Room					9:30AM-10:15AM (Cardio & Strength) <i>Melinda "</i>		
<b>Pain Relief</b> Family Pool					11:00AM-12:00PM (Shallow Water) <i>General I.</i>		
<b>Les Mills</b> <b>BODYPUMP™</b> BB&T Room					1:30PM-2:30PM (Cardio & Strength) <i>Stacie J.</i>	7:30AM-8:30AM (Cardio & Strength) <i>Emily R.</i>	
<b>SilverSneakers®</b> <b>Classic</b> Aerobics Room					3:30PM-4:15PM (Active Adult) <i>Emily D.</i>		
<b>Les Mills</b> <b>BODYATTACK™</b> <b>(Virtual Instructor)</b> Aerobics Room					5:30PM-6:15PM (Cardio & Strength) <i>General I.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Les Mills Core™</b> <b>(Virtual Instructor)</b> Aerobics Room					6:15PM-7:00PM (Cardio & Strength) <i>General I.</i>		
<b>Les Mills RPM™</b> <b>(Virtual Instructor)</b> Aerobics Room						8:45AM-9:30AM (Cycle) <i>General I.</i>	
<b>Les Mills BODYCOMBAT™</b> <b>(Virtual Instructor)</b> Aerobics Room						9:45AM-10:30AM (Cardio) <i>General I.</i>	
<b>Les Mills BodyBalance™</b> <b>(Virtual Instructor)</b> Aerobics Room						10:45AM-11:30AM (Mind & Body) <i>General I.</i>	



## HAYES-TAYLOR MEMORIAL YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Swim</b> Family Pool					7:00AM-7:30PM (Pool)		
<b>Active Adult Fitness</b> Group Exercise Room 2					9:00AM-9:45AM (Active Adult) <i>Jessica F.</i>		
<b>Line Dancing</b> Group Exercise Room 2					11:45AM-12:30PM (Cardio) <i>Phylathia M.</i>		
<b>Les Mills Dance™ (Virtual Instructor)</b> Group Exercise Room 1					4:30PM-5:15PM (Cardio) <i>General I.</i>		
<b>Line Dancing</b> Group Exercise Room 1					6:30PM-7:30PM (Cardio) <i>Phylathia M.</i>		
<b>Step</b> Group Exercise Room 1						8:15AM-9:00AM (Cardio) <i>General I.</i>	
<b>Zumba®</b> Group Exercise Room 1						9:15AM-10:00AM (Cardio) <i>Yzetta B.</i>	



## Stoney Creek Express YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Active Adult Fitness</b> Group Exercise Studio					8:00AM-8:45AM (Active Adult) <i>Jeanette C.</i>		
<b>Strength and Stretch</b> Group Exercise Studio					9:00AM-9:45AM (Strength) <i>Jeanette C.</i>		
<b>Yoga (Virtual Instructor)</b> Group Exercise Studio						9:00AM-9:50AM (Mind & Body) <i>General I.</i>	