



ALEX W. SPEARS III FAMILY YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball Spears Court 1				5:00AM-3:00PM (Gym)	5:00AM-3:00PM (Gym)		12:00PM-3:00PM (Gym)
Open Gym Spears Court 2				5:00AM-5:00PM (Gym)	8:00AM-5:30PM (Gym)	12:00PM-6:00PM (Gym)	12:00PM-6:00PM (Gym)
Open Swim 0 - 3 Feet/Zero Entry Area				5:30AM-8:45PM (Pool)			
HIIT Group Exercise Studio				5:30AM-6:30AM (Cardio & Strength) <i>Caroline D.</i>			
Open Swim Main Pool				5:30AM-6:00AM (Pool) 12:00PM-4:00PM (Pool) 7:10PM-8:45PM (Pool)	5:30AM-6:30AM (Pool) 1:00PM-7:10PM (Pool) 7:10PM-8:45PM (Pool)	7:00AM-9:00AM (Pool) 12:00PM-5:45PM (Pool)	12:00PM-5:45PM (Pool)
5 Lanes Open Lap Lanes				5:30AM-6:00AM (Pool) 7:10PM-8:45PM (Pool)	5:30AM-6:30AM (Pool) 1:00PM-4:00PM (Pool) 7:00PM-7:45PM (Pool)	5:00PM-5:45PM (Pool)	12:00PM-3:00PM (Pool) 5:00PM-5:45PM (Pool)
Cardio Splash Deep Water				6:00AM-7:00AM (Deep Water) <i>AK H.</i>			
2 Lanes Open Lap Lanes				6:00AM-12:00PM (Pool)	6:30AM-1:00PM (Pool)		
Deep Water Deep Water				8:00AM-9:00AM (Deep Water) <i>Sandra S.</i> 9:00AM-10:00AM (Deep Water) <i>Meg C.</i> 10:00AM-11:00AM (Deep Water) <i>General I.</i>	9:30AM-10:30AM (Deep Water) <i>AK H.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Walking Shallow Water				8:15AM-9:00AM (Shallow Water) <i>Sandra S.</i>	8:15AM-9:00AM (Shallow Water) <i>Cecilia R.</i>		
Yoga Group Exercise Studio				8:30AM-9:20AM (Mind & Body) <i>Sarah C.</i>	9:30AM-10:25AM (Mind & Body) <i>Tabitha S.</i>		
Aqua Arthritis Shallow Water				9:00AM-10:00AM (Shallow Water) <i>General I.</i>	9:00AM-10:00AM (Shallow Water) <i>General I.</i>		
Barre Group Exercise Studio				9:30AM-10:25AM (Strength) <i>Tabitha S.</i>	10:30AM-11:20AM (Strength) <i>Margaret H.</i>		
Cycle Cycle Studio				9:30AM-10:20AM (Cycle) <i>Lauryn K.</i> 6:00PM-7:00PM (Cycle) <i>Lauryn K.</i>	8:30AM-9:20AM (Cycle) <i>Gretchen W.</i>	8:30AM-9:20AM (Cycle) <i>Lauryn K.</i>	
Les Mills BODYPUMP™ Group Exercise Studio				10:30AM-11:30AM (Cardio & Strength) <i>McKenzie T.</i>	5:30AM-6:30AM (Cardio & Strength) <i>Caroline D.</i>	7:05AM-8:05AM (Cardio & Strength) <i>Caroline D.</i> 9:30AM-10:30AM (Cardio & Strength) <i>Caitlin P.</i>	
Water Yoga Shallow Water				11:00AM-11:45AM (Shallow Water) <i>Linda V.</i>			
Parkinson's Cycle Cycle Studio				12:00PM-1:00PM (Cycle) <i>Cassandra S.</i>			
Gentle Yoga Group Exercise Studio				12:00PM-1:00PM (Mind & Body) <i>Tabitha S.</i>			
3 Lanes Open Lap Lanes				12:00PM-4:00PM (Pool)	4:00PM-7:00PM (Pool)	3:00PM-5:00PM (Pool)	3:00PM-5:00PM (Pool)
SilverSneakers® Classic Group Exercise Studio				2:00PM-3:00PM (Active Adult) <i>Jane P.</i>	11:30AM-12:25PM (Active Adult) <i>Tabitha S.</i>		
Open Gym Spears Court 1				3:00PM-9:00PM (Gym)	3:00PM-8:00PM (Gym)	7:00AM-6:00PM (Gym)	3:00PM-6:00PM (Gym)
4 Lanes Open Lap Lanes				4:00PM-7:10PM (Pool)			
Les Mills BodyBalance™ Group Exercise Studio				4:30PM-5:30PM (Mind & Body) <i>Margaret H.</i>		10:40AM-11:40AM (Mind & Body) <i>Kelly C.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pick-Up Basketball Spears Court 2				5:00PM-9:00PM (Gym)			
Aqua Combo Deep Water				6:00PM-7:00PM (Deep Water) <i>Beth W.</i>			
Open Gym Spears Court 4					5:00AM-9:00AM (Gym)		3:00PM-6:00PM (Gym)
Open Gym Spears Court 3					5:00AM-9:00AM (Gym)		12:00PM-6:00PM (Gym)
Pickleball Spears Court 2					5:00AM-8:00AM (Gym)		
Les Mills RPM™ (Virtual Instructor) Cycle Studio					5:30AM-6:20AM (Cycle) <i>General I.</i>		
Aquacise Shallow Water					7:30AM-8:15AM (Shallow Water) <i>General I.</i>		
Active Adult Fitness Spears 3 & 4					8:30AM-9:20AM (Active Adult) <i>Sarah C.</i>		
Les Mills BODYPUMP™ Express Group Exercise Studio					8:30AM-9:20AM (Cardio & Strength) <i>Kali D.</i>		
Athletic Conditioning Spears 3 & 4					9:30AM-10:25AM (Cardio & Strength) <i>Nikki W.</i>		
Energizers Shallow Water					10:00AM-11:00AM (Shallow Water) <i>General I.</i>		
Les Mills BodyBalance™ Yoga Studio					11:30AM-12:30PM (Mind & Body) <i>Margaret H.</i>		
Pain Relief Shallow Water					11:30AM-12:15PM (Shallow Water) <i>Jane T.</i>		
Pick-Up Basketball Spears 3 & 4					12:00PM-2:00PM (Gym)		
Aqua-Arthritis Plus Shallow Water					12:15PM-1:00PM (Shallow Water) <i>Jane T.</i>		
Chair Yoga Group Exercise Studio					12:45PM-1:40PM (Mind & Body) <i>Jane P.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills BODYPUMP™ (Virtual Instructor) Group Exercise Studio					4:30PM-5:15PM (Cardio & Strength) <i>General I.</i>		1:00PM-1:45PM (Cardio & Strength) <i>General I.</i>
Yoga Yoga Studio					5:30PM-6:30PM (Mind & Body) <i>Caitlin P.</i>		
Les Mills BODYCOMBAT™ Group Exercise Studio						8:15AM-9:15AM (Cardio) <i>Margaret H.</i>	
Mixed Level Yoga Group Exercise Studio							2:00PM-2:55PM (Mind & Body) <i>Heidi E.</i>
Open Gym Noble Court 1 & 2							3:00PM-6:00PM (Gym)
Zumba® Group Exercise Studio							3:00PM-3:50PM (Cardio) <i>Yukiko H.</i>



EDEN FAMILY YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Main Gym				5:00AM-8:00PM (Gym)	5:00AM-8:00PM (Gym)	5:00AM-8:00PM (Gym)	5:00AM-8:00PM (Gym)
2 Lanes Open Lap Lanes				7:00AM-7:50PM (Pool)	7:00AM-6:50PM (Pool)		
Aqua Aerobics Family Pool				8:00AM-8:00AM (Shallow Water) <i>General I.</i>	8:00AM-9:00AM (Shallow Water) <i>General I.</i> 5:00PM-6:00PM (Shallow Water) <i>General I.</i>		
Cycle Group Exercise Studio				9:00AM-9:45AM (Cycle) <i>Kendra B.</i> 5:00PM-5:45PM (Cycle) <i>Kendra B.</i>		8:00AM-9:00AM (Cycle) <i>Gina R.</i>	
Gentle Yoga Group Exercise Studio				10:00AM-10:45AM (Mind & Body) <i>Gina C.</i>			
SilverSneakers® Classic Group Exercise Studio					10:00AM-10:45AM (Active Adult) <i>Emma K.</i>		
SilverSneakers® Yoga Group Exercise Studio					11:00AM-11:45AM (Active Adult) <i>Kendra B.</i>		



REIDSVILLE FAMILY YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gym				5:00AM-8:45PM (Gym)	5:00AM-7:45PM (Gym)	7:00AM-4:45PM (Gym)	
Les Mills BODYPUMP™ BB&T Room				5:00AM-6:00AM (Cardio & Strength) <i>Rachel M.</i> 7:30AM-8:30AM (Cardio & Strength) <i>Meredith K.</i>		7:30AM-8:30AM (Cardio & Strength) <i>Rachel M.</i>	
3 Lanes Open Lap Lanes				5:30AM-8:30PM (Pool)	5:30AM-2:00PM (Pool) 4:00PM-7:30PM (Pool)	8:00AM-4:30PM (Pool)	
Open Swim Family Pool				5:30AM-11:00AM (Pool) 12:10PM-8:30PM (Pool)	7:00AM-9:00AM (Pool) 4:00PM-7:30PM (Pool)	8:00AM-4:30PM (Pool)	
SilverSneakers® Classic Aerobics Room				8:30AM-9:15AM (Active Adult) <i>Emma K.</i> 9:30AM-10:15AM (Active Adult) <i>Emma K.</i>			
SilverSneakers® Yoga Aerobics Room				10:30AM-11:15AM (Active Adult) <i>Emma K.</i>			
Yoga Aerobics Room				5:30PM-6:30PM (Mind & Body) <i>Rachel M.</i>			
Shallow Power Family Pool					6:00AM-7:00AM (Shallow Water) <i>Carisha J.</i>		
Barre Aerobics Room					7:30AM-8:30AM (Strength) <i>Meredith K.</i>		
Aqua Aerobics Family Pool					9:00AM-10:00AM (Shallow Water) <i>General I.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua-Arthritis Plus Family Pool					11:00AM-12:00PM (Shallow Water) <i>General I.</i>		
Les Mills BODYATTACK™ (Virtual Instructor) Aerobics Room					5:30PM-6:15PM (Cardio & Strength) <i>General I.</i>		
Les Mills BodyBalance™ (Virtual Instructor) Aerobics Room					6:15PM-7:00PM (Mind & Body) <i>General I.</i>	10:45AM-11:30AM (Mind & Body) <i>General I.</i>	
Les Mills RPM™ (Virtual Instructor) Aerobics Room						8:45AM-9:30AM (Cycle) <i>General I.</i>	
Les Mills BODYCOMBAT™ (Virtual Instructor) Aerobics Room						9:45AM-10:30AM (Cardio) <i>General I.</i>	



KATHLEEN PRICE BRYAN FAMILY YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Main Court				5:30AM-10:40AM (Gym) 3:00PM-5:45PM (Gym)	5:30AM-8:00PM (Gym)		
Open Swim Family Pool				5:30AM-8:00AM (Pool) 10:00AM-5:30PM (Pool) 7:30PM-8:00PM (Pool)	10:00AM-7:00PM (Pool) 12:00PM-3:30PM (Pool)	7:30AM-9:00AM (Pool) 12:00PM-3:30PM (Pool)	1:30PM-4:30PM (Pool)
8 Lanes Open Lap Lanes				5:30AM-8:00PM (Pool)	5:30AM-4:00PM (Pool) 6:00PM-7:00PM (Pool)		1:30PM-4:30PM (Pool)
Yoga Group Exercise Room 1				6:00AM-6:50AM (Mind & Body) <i>Diane C.</i>	11:00AM-11:50AM (Mind & Body) <i>Diane C.</i>		
Les Mills SPRINT™ (Virtual Instructor) Cycle Studio				6:00AM-6:30AM (Cycle) <i>General I.</i>	5:30PM-6:00PM (Cycle) <i>General I.</i>		
Aqua Aerobics Family Pool				8:00AM-9:00AM (Shallow Water) <i>General I.</i> 9:00AM-10:00AM (Shallow Water) <i>General I.</i>	8:00AM-9:00AM (Shallow Water) <i>General I.</i> 9:00AM-10:00AM (Shallow Water) <i>Kimetha K.</i>		
Gentle Yoga Group Exercise Room 2				8:30AM-9:20AM (Mind & Body) <i>Midge S.</i>			
Athletic Conditioning Group Exercise Room 1				9:00AM-10:00AM (Cardio & Strength) <i>Kristi W.</i>			
Zumba® Group Exercise Room 1				10:00AM-10:50AM (Cardio) <i>Kimetha K.</i>	6:00PM-6:50PM (Cardio) <i>Alex K.</i>	10:45AM-11:35AM (Cardio) <i>April J.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball Main Court				11:00AM-3:00PM (Gym)			
Les Mills RPM™ (Virtual Instructor) Cycle Studio				12:00PM-12:50PM (Cycle) <i>General I.</i>		12:00PM-12:45PM (Cycle) <i>General I.</i>	2:00PM-2:45PM (Cycle) <i>General I.</i>
Les Mills BODYPUMP™ Express Group Exercise Room 1				12:00PM-12:50PM (Cardio & Strength) <i>Cee D.</i>			
Les Mills BODYPUMP™ (Virtual Instructor) Group Exercise Room 1				4:30PM-5:20PM (Cardio & Strength) <i>General I.</i>			
Hip-Hop Step Group Exercise Room 1				5:30PM-6:15PM (Cardio) <i>Angela T.</i>			
Cycle Cycle Studio				5:30PM-6:20PM (Cycle) <i>Laura R.</i>	6:00AM-6:50AM (Cycle) <i>Lisa B.</i>	8:30AM-9:20AM (Cycle) <i>Chryssy C.</i>	
Deep End Only Open Family Pool				5:30PM-7:30PM (Pool)	8:00AM-10:00AM (Pool)	9:00AM-12:00PM (Pool)	
Yoga Group Exercise Room 2				6:00PM-6:50PM (Mind & Body) <i>Michaela C.</i>		9:30AM-10:20AM (Mind & Body) <i>Diane C.</i>	
Les Mills BODYPUMP™ Group Exercise Room 1				6:30PM-7:30PM (Cardio & Strength) <i>Calissa H.</i>		9:30AM-10:30AM (Cardio & Strength) <i>John M.</i>	3:00PM-4:00PM (Cardio & Strength) <i>John M.</i>
Strength and Stretch Group Exercise Room 1					8:00AM-8:50AM (Strength) <i>Cee D.</i>		
Active Adult Fitness Group Exercise Room 1					10:00AM-10:50AM (Active Adult) <i>Diane C.</i>		
Open Gym Court 2					10:45AM-1:00PM (Gym)		
Track Attack Track					12:00PM-12:50PM (Cardio & Strength) <i>Amanda B.</i>		
Les Mills THE TRIP (Virtual Instructor) Cycle Studio					12:00PM-12:45PM (Cycle) <i>General I.</i>		
4 Lanes Open Lap Lanes					4:30PM-6:00PM (Pool)		
Line Dancing Group Exercise Room 1					5:00PM-5:50PM (Cardio) <i>Phylathia M.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills BODYCOMBAT™ Group Exercise Room 1							1:30PM-2:20PM (Cardio) <i>John M.</i>



MARY PERRY RAGSDALE FAMILY YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 Lanes Open Lap Lanes				5:30AM-4:30PM (Pool) 7:30PM-8:45PM (Pool)	5:30AM-7:45PM (Pool)	1:30PM-4:45PM (Pool)	1:00PM-4:45PM (Pool)
Les Mills BODYCOMBAT™ (Virtual Instructor) Group Exercise Studio				5:35AM-6:35AM (Cardio) <i>General I.</i>			
Les Mills BodyBalance™ (Virtual Instructor) Group Exercise Studio				7:05AM-7:50AM (Mind & Body) <i>General I.</i>	5:35AM-6:35AM (Mind & Body) <i>General I.</i>		
Les Mills Core™ (Virtual Instructor) Group Exercise Studio				8:00AM-8:50AM (Cardio & Strength) <i>General I.</i>	7:30AM-8:15AM (Cardio & Strength) <i>General I.</i>		
Yoga Community Room				8:00AM-8:50AM (Mind & Body) <i>Caren S.</i>			
Deep Water Lap Lanes				8:15AM-9:00AM (Deep Water) <i>General I.</i>	8:15AM-9:00AM (Deep Water) <i>General I.</i>		
Les Mills BODYPUMP™ Group Exercise Studio				9:00AM-9:55AM (Cardio & Strength) <i>Bridget N.</i>			
SilverSneakers® Yoga Community Room				9:00AM-9:50AM (Active Adult) <i>Jessica A.</i>			
Flex, Stretch, Flow Lap Lanes				9:15AM-10:00AM (Shallow Water) <i>General I.</i>	9:15AM-10:00AM (Shallow Water) <i>General I.</i>		
SilverSneakers® Classic Community Room				10:00AM-10:50AM (Active Adult) <i>Sharon K.</i>			
Gentle Yoga Group Exercise Studio				10:05AM-11:05AM (Mind & Body) <i>Jessica A.</i>	10:10AM-10:55AM (Mind & Body) <i>Rebecca J.</i>		
Parkinson's Cycle Gym-court 1				10:15AM-11:00AM (Cycle) <i>Bridget N.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shallow Power Lap Lanes				10:15AM-11:00AM (Shallow Water) <i>General I.</i>	10:15AM-11:00AM (Shallow Water) <i>General I.</i>		
Parkinson's Cycle Zoom				3:00PM-4:00PM (Cycle) <i>Betsy L.</i>			
2 Lanes Open Lap Lanes				4:30PM-7:30PM (Pool)		8:00AM-1:30PM (Pool)	
Les Mills RPM™ Small Cycle Room				5:00PM-5:45PM (Cycle) <i>Huy (.</i>			
Aqua Blast Lap Lanes				5:30PM-6:15PM (Deep Water) <i>General I.</i>			
HIIT Group Exercise Studio				6:00PM-6:50PM (Cardio & Strength) <i>Kim S.</i>			
Cardio Dance Group Exercise Studio				7:00PM-7:50PM (Cardio) <i>Kim S.</i>	9:00AM-9:50AM (Cardio) <i>Sharon K.</i>		
Open Gym Gym-court 2					5:30AM-2:00PM (Gym)		
Open Gym Gym-court 4					5:30AM-2:00PM (Gym) 6:00PM-8:00PM (Gym)	8:00AM-5:00PM (Gym)	1:00PM-5:00PM (Gym)
Open Gym Gym-court 3					5:30AM-2:00PM (Gym)	8:00AM-5:00PM (Gym)	1:00PM-5:00PM (Gym)
Cycle Small Cycle Room					5:45AM-6:30AM (Cycle) <i>Lauryn K.</i>		
Core Group Exercise Studio					8:30AM-8:55AM (Mind & Body) <i>Leah G.</i>		
Trek N Tread Powered by Myzone Wellness Center					9:00AM-9:50AM (Cardio & Strength) <i>Kim B.</i>		
Memory, Movement and Balance Community Room					10:00AM-10:50AM (Active Adult) <i>General I.</i>		
Aqua Board Fitness Lap Lanes					3:00PM-3:45PM (Deep Water) <i>Julie R.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills GRIT (Virtual Instructor) Group Exercise Studio					6:00PM-6:30PM (Cardio & Strength) <i>General I.</i>		1:30PM-2:00PM (Cardio & Strength) <i>General I.</i>
Deep (5 to 9ft) Non Lap Lane Area Open Swim - Deep						8:00AM-9:00AM (Pool) <i>General I.</i> 2:00PM-4:45PM (Pool) <i>General I.</i>	
Yoga Group Exercise Studio						8:05AM-8:50AM (Mind & Body) <i>Connie M.</i>	2:30PM-3:30PM (Mind & Body) <i>Jessica A.</i>
Les Mills RPM™ Express Small Cycle Room						8:15AM-8:45AM (Cycle) <i>Shira K.</i>	
Les Mills BODYPUMP™ LAUNCH! Group Exercise Studio						9:00AM-10:00AM (Cardio & Strength) <i>Janice T.</i>	
Pickleball Gym-court 1							1:00PM-3:00PM (Gym)
Shallow (3.5 to 5 feet) Open Swim - Deep							1:00PM-4:45PM (Pool) <i>General I.</i>



HAYES-TAYLOR MEMORIAL YMCA | July 7th - July 13th

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



STONEY CREEK EXPRESS YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Active Adult Fitness Group Exercise Studio				8:00AM-8:40AM (Active Adult) <i>Jeanette C.</i>	8:00AM-8:45AM (Active Adult) <i>Jeanette C.</i>		
Cardio Plus Group Exercise Studio				5:30PM-5:55PM (Cardio & Strength) <i>Kisha D.</i>			
Zumba® Group Exercise Studio					7:00AM-7:45AM (Cardio) <i>Sarah C.</i>		
Strength and Stretch Group Exercise Studio					9:00AM-9:45AM (Strength) <i>Jeanette C.</i>		
Yoga (Virtual Instructor) Group Exercise Studio						9:00AM-9:50AM (Mind & Body) <i>General I.</i>	