

EDEN FAMILY YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Main Gym						5:00AM-8:00PM (Gym)	5:00AM-8:00PM (Gym)
Cycle Group Exercise Studio						8:00AM-9:00AM (Cycle) Gina R.	



ALEX W. SPEARS III FAMILY YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 Lanes Open Lap Lanes						7:00AM-11:00AM (Pool)	3:00PM-5:00PM (Pool)
						11:00AM-12:00PM (Pool)	
						3:00PM-5:00PM (Pool)	
Open Swim Main Pool						7:00AM-9:00AM (Pool)	12:00PM-5:45PM (Pool)
						12:00PM-5:45PM (Pool)	
Open Gym Spears Court 1						7:00AM-6:00PM (Gym)	3:00PM-6:00PM (Gym)
Les Mills BODYPUMP™ Group Exercise Studio						7:05AM-8:05AM (Cardio & Strength) Caroline D.	
						9:30AM-10:30AM (Cardio & Strength) Caitlin P.	
Les Mills BODYSTEP™ Group Exercise Studio						8:15AM-9:15AM (Cardio & Strength) Margaret H.	
Cycle Cycle Studio						8:30AM-9:20AM (Cycle) Lauryn K.	
Yoga Group Exercise Studio						10:40AM-11:35AM (Mind & Body) Renee C.	
5 Lanes Open Lap Lanes						12:00PM-3:00PM (Pool)	12:00PM-3:00PM (Pool)
						5:00PM-5:45PM (Pool)	5:00PM-5:45PM (Pool)
Pickleball Spears Court 1							12:00PM-3:00PM (Gym)
Open Gym Spears Court 3							12:00PM-3:00PM (Gym)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Spears Court 2							12:00PM-6:00PM (Gym)
Les Mills BODYPUMP™ (Virtual Instructor) Group Exercise Studio							1:00PM-1:45PM (Cardio & Strength) General I.
Mixed Level Yoga Group Exercise Studio							2:00PM-2:55PM (Mind & Body) <i>Heidi E.</i>
Zumba® Group Exercise Studio							3:00PM-3:50PM (Cardio) Karen W.



KATHLEEN PRICE BRYAN FAMILY YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim Family Pool						7:30AM-8:00AM (Pool)	1:30PM-4:30PM (Pool)
						11:00AM-3:30PM (Pool)	
Deep End Only Open Family Pool						8:00AM-11:00AM (Pool)	
Cycle Cycle Studio						8:30AM-9:20AM (Cycle) Chryssy C.	
Les Mills BODYPUMP™ Group Exercise Room 1						9:30AM-10:30AM (Cardio & Strength) John M.	3:00PM-4:00PM (Cardio & Strength) John M.
Yoga Community Room						9:30AM-10:20AM (Mind & Body) Diane C.	
8 Lanes Open Lap Lanes						10:00AM-3:30PM (Pool)	1:30PM-4:30PM (Pool)
Zumba ® Group Exercise Room 1						10:45AM-11:35AM (Cardio) Kimetha K.	
Les Mills RPM™ (Virtual Instructor) Cycle Studio						12:00PM-12:45PM (Cycle) General I.	2:00PM-2:45PM (Cycle) General I.
Les Mills BODYCOMBAT™ Group Exercise Room 1							1:30PM-2:20PM (Cardio) John M.



REIDSVILLE FAMILY YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills BODYPUMP™ BB&T Room						7:30AM-8:30AM (Cardio & Strength) Stacie J.	
Open Swim Family Pool						8:00AM-4:30PM (Pool)	
3 Lanes Open Lap Lanes						8:00AM-4:30PM (Pool)	
Les Mills RPM™ (Virtual Instructor) Aerobics Room						8:45AM-9:30AM (Cycle) General I.	
Les Mills BODYCOMBAT™ (Virtual Instructor) Aerobics Room						9:45AM-10:30AM (Cardio) General I.	
Les Mills BodyBalance™ (Virtual Instructor) Aerobics Room						10:45AM-11:30AM (Mind & Body) General I.	



HAYES-TAYLOR MEMORIAL YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim Family Pool						8:00AM-1:00PM (Pool)	
4 Lanes Open Lap Lanes						8:00AM-1:00PM (Pool)	
Step Group Exercise Room 1						8:15AM-9:00AM (Cardio) General I.	
Zumba ® Group Exercise Room 1						9:15AM-10:00AM (Cardio) Yzetta B.	



MARY PERRY RAGSDALE FAMILY YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 Lanes Open Lap Lanes						8:00AM-1:30PM (Pool)	
Deep (5 to 9ft) Non Lap Lane Area Open Swim - Deep						8:00AM-9:00AM (Pool) General I. 2:00PM-4:45PM (Pool) General I.	
Open Gym Gym-court 4						8:00AM-5:00PM (Gym)	1:00PM-5:00PM (Gym)
Open Gym Gym-court 3						8:00AM-5:00PM (Gym)	1:00PM-5:00PM (Gym)
5 Lanes Open Lap Lanes						1:30PM-4:45PM (Pool)	1:00PM-4:45PM (Pool)
Shallow (3.5 to 5 feet) Open Swim - Deep							1:00PM-4:45PM (Pool) General I.
Pickleball Gym-court 1							1:00PM-3:00PM (Gym)



STONEY CREEK EXPRESS YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga (Virtual Instructor) Group Exercise Studio						9:00AM-9:50AM (Mind & Body) General I.	