



**EDEN FAMILY YMCA | May 19th - May 25th**

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



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

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Spears Court 2							12:00PM-6:00PM (Gym)
<b>Les Mills BODYPUMP™ (Virtual Instructor)</b> Group Exercise Studio							1:00PM-1:45PM (Cardio & Strength) <i>General I.</i>
<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>



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

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



REIDSVILLE FAMILY YMCA | May 19th - May 25th

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



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Swim</b> Family Pool						8:00AM-1:00PM (Pool)	
<b>4 Lanes Open</b> Lap Lanes						8:00AM-1:00PM (Pool)	
<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>	



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

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

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