



## ALEX W. SPEARS III FAMILY YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pickleball</b> Spears Court 1	5:00AM-3:00PM (Gym)	5:00AM-3:00PM (Gym)	5:00AM-3:00PM (Gym)	5:00AM-3:00PM (Gym)	5:00AM-3:00PM (Gym)		12:00PM-3:00PM (Gym)
<b>Open Gym</b> Spears Court 3	5:00AM-8:30AM (Gym)	5:00AM-9:00AM (Gym)	5:00AM-8:00AM (Gym)		5:00AM-9:00AM (Gym)		
<b>Open Gym</b> Spears Court 4	5:00AM-8:30AM (Gym)	5:00AM-9:00AM (Gym)	5:00AM-8:00AM (Gym)		5:00AM-9:00AM (Gym)		
<b>Cycle</b> Cycle Studio	5:05AM-5:50AM (Cycle) <i>Angie S.</i>  8:30AM-9:20AM (Cycle) <i>Jennifer D.</i>	6:00PM-6:50PM (Cycle) <i>Bruce Z.</i>	5:05AM-5:50AM (Cycle) <i>Liz R.</i>  8:30AM-9:20AM (Cycle) <i>Holly P.</i>	9:30AM-10:20AM (Cycle) <i>Jennifer D.</i>	8:30AM-9:20AM (Cycle) <i>Gretchen W.</i>	8:30AM-9:20AM (Cycle) <i>Laurn K.</i>	
<b>Cardio Plus</b> Group Exercise Studio	5:30AM-6:30AM (Cardio & Strength) <i>Heather M.</i>						
<b>Open Swim</b> Main Pool	5:30AM-6:30AM (Pool)  1:00PM-4:00PM (Pool)  7:30PM-8:45PM (Pool)	5:30AM-6:00AM (Pool)  12:00PM-4:00PM (Pool)  7:10PM-8:45PM (Pool)	5:30AM-6:30AM (Pool)  1:00PM-4:00PM (Pool)  7:30PM-8:45PM (Pool)	5:30AM-6:00AM (Pool)  12:00PM-4:00PM (Pool)  7:30PM-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)
<b>5 Lanes Open</b> Lap Lanes	5:30AM-6:30AM (Pool)  1:00PM-4:00PM (Pool)  8:00PM-8:45PM (Pool)	5:30AM-6:00AM (Pool)  12:00PM-4:00PM (Pool)  8:00PM-8:45PM (Pool)	5:30AM-6:30AM (Pool)  1:00PM-4:00PM (Pool)  8:00PM-8:45PM (Pool)	5:30AM-6:00AM (Pool)  12:00PM-4:00PM (Pool)  8:00PM-8:45PM (Pool)	5:30AM-6:30AM (Pool)  1:00PM-4:00PM (Pool)  7:00PM-7:45PM (Pool)	7:00AM-11:00AM (Pool)  12:00PM-3:00PM (Pool)  5:00PM-5:45PM (Pool)	12:00PM-3:00PM (Pool)  5:00PM-5:45PM (Pool)
<b>3 Lanes Open</b> Lap Lanes	6:30AM-8:00AM (Pool)	6:00AM-8:00AM (Pool)	6:30AM-8:00AM (Pool)	6:00AM-8:00AM (Pool)	6:30AM-8:00AM (Pool)  4:00PM-7:00PM (Pool)	11:00AM-12:00PM (Pool)  3:00PM-5:00PM (Pool)	3:00PM-5:00PM (Pool)
<b>Aquacise</b> Shallow Water	7:30AM-8:15AM (Shallow Water) <i>General I.</i>		7:30AM-8:15AM (Shallow Water) <i>General I.</i>		7:30AM-8:15AM (Shallow Water) <i>General I.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>2 Lanes Open</b> Lap Lanes	8:00AM-1:00PM (Pool)  4:00PM-8:00PM (Pool)	8:00AM-12:00PM (Pool)  4:00PM-8:00PM (Pool)	8:00AM-1:00PM (Pool)  4:00PM-8:00PM (Pool)	8:00AM-12:00PM (Pool)  4:00PM-8:00PM (Pool)	8:00AM-1:00PM (Pool)		
<b>Water Walking</b> Shallow Water	8:15AM-9:00AM (Shallow Water) <i>Cecilia R.</i>	8:15AM-9:00AM (Shallow Water) <i>Sandra S.</i>		8:15AM-9:00AM (Shallow Water) <i>Sandra S.</i>	8:15AM-9:00AM (Shallow Water) <i>Cecilia R.</i>		
<b>Active Adult Fitness</b> Spears 3 & 4	8:30AM-9:25AM (Active Adult) <i>Gretchen W.</i>		8:30AM-9:25AM (Active Adult) <i>Gretchen W.</i>		8:30AM-9:20AM (Active Adult) <i>Arlene B.</i>		
<b>Aqua Arthritis</b> Shallow Water	9:00AM-10:00AM (Shallow Water) <i>General I.</i>		9:00AM-10:00AM (Shallow Water) <i>General I.</i>	9:00AM-10:00AM (Shallow Water) <i>General I.</i>	9:00AM-10:00AM (Shallow Water) <i>General I.</i>		
<b>Deep Water</b> Deep Water	9:30AM-10:30AM (Deep Water) <i>AK H.</i>	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>  11:00AM-12:00PM (Deep Water) <i>General I.</i>	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>		
<b>Zumba®</b> Spears 3 & 4	9:30AM-10:20AM (Cardio) <i>Clarissa N.</i>						
<b>Les Mills BODYPUMP™</b> Group Exercise Studio	9:30AM-10:30AM (Cardio & Strength) <i>Kali D.</i>	8:30AM-9:30AM (Cardio & Strength) <i>Margaret H.</i>  12:00PM-1:00PM (Cardio & Strength) <i>Kelly C.</i>  6:35PM-7:35PM (Cardio & Strength) <i>Tasha P.</i>	5:30PM-6:30PM (Cardio & Strength) <i>Caitlin P.</i>	10:35AM-11:35AM (Cardio & Strength) <i>Jennifer D.</i>	5:30AM-6:30AM (Cardio & Strength) <i>Bruce Z.</i>	7:05AM-8:05AM (Cardio & Strength) <i>Caroline D.</i>  9:30AM-10:30AM (Cardio & Strength) <i>Caitlin P.</i>	
<b>Energizers</b> Shallow Water	10:00AM-11:00AM (Shallow Water) <i>General I.</i>		10:00AM-11:00AM (Shallow Water) <i>General I.</i>		10:00AM-11:00AM (Shallow Water) <i>General I.</i>		
<b>Tai Chi: Parkinson's</b> Yoga Studio	10:30AM-11:20AM (Mind & Body) <i>Michele W.</i>						

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<b>Les Mills BodyBalance™</b> Group Exercise Studio	10:30AM-11:30AM (Mind & Body) <i>Margaret H.</i>		5:30AM-6:30AM (Mind & Body) <i>Bruce Z.</i>  12:00PM-1:00PM (Mind & Body) <i>Kelly C.</i>	4:30PM-5:30PM (Mind & Body) <i>Dana H.</i>			
<b>Gentle Yoga</b> Group Exercise Studio	11:30AM-12:30PM (Mind & Body) <i>Tabitha S.</i>		10:00AM-10:50AM (Mind & Body) <i>Linda V.</i>	12:00PM-1:00PM (Mind & Body) <i>Tabitha S.</i>			
<b>Pain Relief</b> Shallow Water	11:30AM-12:15PM (Shallow Water) <i>Jane T.</i>		11:30AM-12:15PM (Shallow Water) <i>Jane T.</i>		11:30AM-12:15PM (Shallow Water) <i>Jane T.</i>		
<b>Aqua-Arthritis Plus</b> Shallow Water	12:15PM-1:00PM (Shallow Water) <i>Jane T.</i>		12:15PM-1:00PM (Shallow Water) <i>Jane T.</i>		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>				12:45PM-1:40PM (Mind & Body) <i>Jane P.</i>		
<b>SilverSneakers® Classic</b> Group Exercise Studio	2:00PM-3:00PM (Active Adult) <i>Jane P.</i>	11:00AM-11:50AM (Active Adult) <i>Michele W.</i>	2:00PM-3:00PM (Active Adult) <i>Jane P.</i>	2:00PM-3:00PM (Active Adult) <i>Jane P.</i>	11:30AM-12:25PM (Active Adult) <i>Tabitha S.</i>		
<b>Open Gym</b> Spears Court 1	3:00PM-9:00PM (Gym)	3:00PM-9:00PM (Gym)	3:00PM-9:00PM (Gym)	3:00PM-9:00PM (Gym)	3:00PM-8:00PM (Gym)	7:00AM-6:00PM (Gym)	3:00PM-6:00PM (Gym)
<b>Yoga</b> Group Exercise Studio	4:30PM-5:20PM (Mind & Body) <i>Anne H.</i>			8:30AM-9:20AM (Mind & Body) <i>Alison P.</i>	9:30AM-10:25AM (Mind & Body) <i>Holly P.</i>  5:30PM-6:30PM (Mind & Body) <i>Caitlin P.</i>	10:40AM-11:35AM (Mind & Body) <i>Renee C.</i>	
<b>HIIT</b> Group Exercise Studio	5:30PM-6:25PM (Cardio & Strength) <i>Ashley C.</i>	5:30AM-6:30AM (Cardio & Strength) <i>Dana H.</i>		5:30AM-6:30AM (Cardio & Strength) <i>Caroline D.</i>			
<b>Les Mills THE TRIP (Virtual Instructor)</b> Cycle Studio	6:00PM-6:45PM (Cycle) <i>General I.</i>						
<b>Aqua Combo</b> Deep Water	6:00PM-7:00PM (Deep Water) <i>Beth W.</i>		6:00PM-7:00PM (Deep Water) <i>Beth W.</i>	6:00PM-7:00PM (Deep Water) <i>Beth W.</i>			
<b>Mixed Level Yoga</b> Yoga Studio	6:30PM-7:30PM (Mind & Body) <i>Caitlin P.</i>		6:30PM-7:25PM (Mind & Body) <i>Renee C.</i>				
<b>Open Gym</b> Spears Court 2		5:00AM-5:00PM (Gym)	8:00AM-9:00PM (Gym)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cardio Splash</b> Lap Lanes		6:00AM-7:00AM (Deep Water) <i>General I.</i>					
<b>Cardio Splash</b> Deep Water		6:00AM-7:00AM (Deep Water) <i>AK H.</i>		6:00AM-7:00AM (Deep Water) <i>AK H.</i>			
<b>Athletic Conditioning</b> Spears 3 & 4		9:30AM-10:25AM (Cardio & Strength) <i>Nikki P.</i>			9:30AM-10:25AM (Cardio & Strength) <i>Jennifer D.</i>		
<b>Barre</b> Group Exercise Studio		9:45AM-10:40AM (Strength) <i>Tabitha S.</i>  4:30PM-5:20PM (Strength) <i>Ashley C.</i>	9:00AM-9:50AM (Strength) <i>Tabitha S.</i>	9:30AM-10:25AM (Strength) <i>Tabitha S.</i>	10:30AM-11:20AM (Strength) <i>Ashley C.</i>		
<b>Water Yoga</b> Shallow Water		11:00AM-11:45AM (Shallow Water) <i>Linda V.</i>		11:00AM-11:45AM (Shallow Water) <i>Linda V.</i>			
<b>Pick-Up Basketball</b> Spears Court 2		5:00PM-9:00PM (Gym)		5:00PM-9:00PM (Gym)			
<b>Zumba®</b> Group Exercise Studio		5:30PM-6:30PM (Cardio) <i>Christy O.</i>	6:35PM-7:35PM (Cardio) <i>Chad L.</i>	6:45PM-7:45PM (Cardio) <i>Clarissa N.</i>			3:00PM-3:50PM (Cardio) <i>Karen W.</i>
<b>Yoga</b> Yoga Studio		5:30PM-6:25PM (Mind & Body) <i>Renee C.</i>					
<b>HIIT</b> Spears 3 & 4			9:30AM-10:25AM (Cardio & Strength) <i>Arlene B.</i>				
<b>Zumba Gold®</b> Group Exercise Studio			11:00AM-11:50AM (Cardio) <i>Lenna S.</i>				
<b>Flexibility &amp; Balance</b> Group Exercise Studio			1:05PM-1:50PM (Mind & Body) <i>Jane P.</i>				
<b>Les Mills BODYCOMBAT™</b> Group Exercise Studio			4:30PM-5:20PM (Cardio) <i>Ashley C.</i>			8:15AM-9:15AM (Cardio) <i>Margaret H.</i>	
<b>Les Mills RPM™ (Virtual Instructor)</b> Cycle Studio			6:00PM-6:50PM (Cycle) <i>General I.</i>	6:00PM-6:50PM (Cycle) <i>General I.</i>	5:30AM-6:20AM (Cycle) <i>General I.</i>		
<b>Open Swim</b> 0 - 3 Feet/Zero Entry Area				5:30AM-8:45PM (Pool)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Parkinson's Cycle</b> Cycle Studio				12:00PM-1:00PM (Cycle) <i>Cassandra S.</i>			
<b>Les Mills BODYPUMP™ Express</b> Group Exercise Studio					8:30AM-9:20AM (Cardio & Strength) <i>Kali D.</i>		
<b>Les Mills BodyBalance™</b> Yoga Studio					11:30AM-12:30PM (Mind & Body) <i>Margaret H.</i>		
<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>Mixed Level Yoga</b> Group Exercise Studio							2:00PM-2:55PM (Mind & Body) <i>Heidi E.</i>



## EDEN FAMILY YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Main Gym	5:00AM-8:00PM (Gym)	5:00AM-8:00PM (Gym)	5:00AM-8:00PM (Gym)	5:00AM-8:00PM (Gym)	5:00AM-8:00PM (Gym)	5:00AM-8:00PM (Gym)	5:00AM-8:00PM (Gym)
<b>2 Lanes Open</b> Lap Lanes	7:00AM-7:50PM (Pool)	7:00AM-7:50PM (Pool)	7:00AM-7:50PM (Pool)	7:00AM-7:50PM (Pool)	7:00AM-6:50PM (Pool)		
<b>Aqua Aerobics</b> Family Pool	8:00AM-9:00AM (Shallow Water) <i>General I.</i>  5:00PM-6:00PM (Shallow Water) <i>General I.</i>	8:00AM-9:00AM (Shallow Water) <i>General I.</i>	8:00AM-9:00AM (Shallow Water) <i>General I.</i>  4:00PM-5:00PM (Shallow Water) <i>General I.</i>	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>		
<b>Functional Strength</b> Group Exercise Studio	8:00AM-8:45AM (Strength) <i>Gina C.</i>	5:30PM-6:15PM (Strength) <i>Jessica D.</i>	8:00AM-8:45AM (Strength) <i>Gina C.</i>				
<b>Active Adult Fitness</b> Group Exercise Studio	9:00AM-9:45AM (Active Adult) <i>Gina C.</i>	10:00AM-10:45AM (Active Adult) <i>Jessica D.</i>	9:00AM-9:45AM (Active Adult) <i>Jessica D.</i>				
<b>SilverSneakers® Classic</b> Group Exercise Studio	10:00AM-10:45AM (Active Adult) <i>Emma K.</i>		10:00AM-10:45AM (Active Adult) <i>Emma K.</i>		10:00AM-10:45AM (Active Adult) <i>Emma K.</i>		
<b>Cycle</b> Group Exercise Studio	5:30PM-6:15PM (Cycle) <i>Gina R.</i>	9:00AM-9:45AM (Cycle) <i>Kendra B.</i>		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>	
<b>SilverSneakers® EnerChi</b> Group Exercise Studio			11:00AM-11:30AM (Active Adult) <i>Emma K.</i>				
<b>Zumba®</b> Group Exercise Studio			5:30PM-6:15PM (Cardio) <i>Adrienne B.</i>				
<b>Gentle Yoga</b> Group Exercise Studio				10:00AM-10:45AM (Mind & Body) <i>Gina C.</i>			
<b>SilverSneakers® Yoga</b> Group Exercise Studio					11:00AM-11:45AM (Active Adult) <i>Kendra B.</i>		



## REIDSVILLE FAMILY YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga</b> Aerobics Room	5:00AM-6:00AM (Mind & Body) <i>Cheri B.</i>		5:00AM-6:00AM (Mind & Body) <i>Cheri B.</i>	5:30PM-6:30PM (Mind & Body) <i>Rachel M.</i>			
<b>3 Lanes Open</b> Lap Lanes	5:30AM-8:30PM (Pool)	5:30AM-8:30PM (Pool)	5:30AM-8:30PM (Pool)	5:30AM-8:30PM (Pool)	5:30AM-2:00PM (Pool)  4:00PM-7:30PM (Pool)	8:00AM-4:30PM (Pool)	
<b>Shallow Power</b> Family Pool	6:00AM-7:00AM (Shallow Water) <i>Carisha J.</i>		6:00AM-7:00AM (Shallow Water) <i>Carisha J.</i>		6:00AM-7:00AM (Shallow Water) <i>Carisha J.</i>		
<b>Les Mills SPRINT™ (Virtual Instructor)</b> Aerobics Room	6:05AM-6:35AM (Cycle) <i>General I.</i>						
<b>Open Swim</b> Family Pool	7:00AM-9:00AM (Pool)  12:10PM-8:30PM (Pool)	5:30AM-8:30PM (Pool)	7:00AM-9:00AM (Pool)  12:10PM-8:30PM (Pool)	5:30AM-4:15PM (Pool)  5:15PM-8:30PM (Pool)	7:00AM-9:00AM (Pool)  12:10PM-2:00PM (Pool)  5:00PM-7:30PM (Pool)	8:00AM-4:30PM (Pool)	
<b>Functional Strength</b> BB&T Room	8:00AM-9:00AM (Strength) <i>Emily D.</i>						
<b>Aqua Aerobics</b> Family Pool	9:00AM-10:00AM (Shallow Water) <i>General I.</i>		9:00AM-10:00AM (Shallow Water) <i>General I.</i>		9:00AM-10:00AM (Shallow Water) <i>General I.</i>		
<b>Barre</b> Aerobics Room	9:15AM-10:15AM (Strength) <i>Emily D.</i>				7:30AM-8:30AM (Strength) <i>Meredith K.</i>		
<b>Zumba Gold®</b> BB&T Room	9:30AM-10:15AM (Cardio) <i>Melinda ".</i>						
<b>Aqua-Arthritis Plus</b> Family Pool	11:00AM-12:00PM (Shallow Water) <i>General I.</i>		11:00AM-12:00PM (Shallow Water) <i>General I.</i>		11:00AM-12:00PM (Shallow Water) <i>General I.</i>		
<b>Les Mills Dance™ (Virtual Instructor)</b> Aerobics Room	4:45PM-5:30PM (Cardio) <i>General I.</i>	6:30PM-7:15PM (Cardio) <i>General I.</i>	12:00PM-12:45PM (Cardio) <i>General I.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Kettlebell</b> BB&T Room	5:30PM-6:30PM (Strength) <i>Emily D.</i>						
<b>Les Mills BODYPUMP™</b> BB&T Room		5:00AM-6:00AM (Cardio & Strength) <i>Rachel M.</i>	5:30PM-6:30PM (Cardio & Strength) <i>Meredith K.</i>	5:00AM-6:00AM (Cardio & Strength) <i>Rachel M.</i>  8:30AM-9:30AM (Cardio & Strength) <i>Meredith K.</i>		7:30AM-8:30AM (Cardio & Strength) <i>Emily R.</i>	
<b>SilverSneakers® Classic</b> Aerobics Room		8:30AM-9:15AM (Active Adult) <i>Emma K.</i>  9:30AM-10:15AM (Active Adult) <i>Emma K.</i>	7:45AM-8:30AM (Active Adult) <i>Emma K.</i>	8:30AM-9:15AM (Active Adult) <i>Emma K.</i>  9:30AM-10:15AM (Active Adult) <i>Emma K.</i>			
<b>STRONG Nation™</b> BB&T Room		8:30AM-9:30AM (Cardio) <i>Meredith K.</i>					
<b>Yoga</b> BB&T Room		9:35AM-10:30AM (Mind & Body) <i>Meredith K.</i>					
<b>SilverSneakers® EnerChi</b> Aerobics Room		10:30AM-11:15AM (Active Adult) <i>Emma K.</i>					
<b>Les Mills Core™ (Virtual Instructor)</b> Aerobics Room		12:00PM-12:45PM (Cardio & Strength) <i>General I.</i>			6:15PM-7:00PM (Cardio & Strength) <i>General I.</i>		
<b>Les Mills BODYCOMBAT™ (Virtual Instructor)</b> Aerobics Room		4:45PM-5:30PM (Cardio) <i>General I.</i>		12:00PM-1:00PM (Cardio) <i>General I.</i>		9:45AM-10:30AM (Cardio) <i>General I.</i>	
<b>Les Mills BodyBalance™</b> BB&T Room		5:30PM-6:15PM (Mind & Body) <i>Stacie J.</i>		9:35AM-10:30AM (Mind & Body) <i>Meredith K.</i>			
<b>Les Mills THE TRIP (Virtual Instructor)</b> Aerobics Room			6:05AM-6:50AM (Cycle) <i>General I.</i>				
<b>HIIT</b> BB&T Room			9:15AM-9:45AM (Cardio & Strength) <i>Melinda "</i>				
<b>Les Mills CORE™</b> BB&T Room			9:45AM-10:15AM (Cardio & Strength) <i>Melinda "</i>				
<b>Cardio Dance</b> BB&T Room			6:35PM-7:35PM (Cardio) <i>Amber T.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SilverSneakers® Yoga</b> Aerobics Room				10:30AM-11:15AM (Active Adult) <i>Emma K.</i>			
<b>POUND® Unplugged</b> BB&T Room					8:45AM-9:15AM (Cardio) <i>Emily D.</i>		
<b>Falls Prevention</b> Aerobics Room					10:00AM-11:00AM (Active Adult) <i>Melinda "</i>		
<b>Les Mills BODYATTACK™ (Virtual Instructor)</b> Aerobics Room					5:30PM-6:15PM (Cardio & Strength) <i>General I.</i>		
<b>Les Mills RPM™ (Virtual Instructor)</b> Aerobics Room						8:45AM-9:30AM (Cycle) <i>General I.</i>	
<b>Les Mills BodyBalance™ (Virtual Instructor)</b> Aerobics Room						10:45AM-11:30AM (Mind & Body) <i>General I.</i>	



## MARY PERRY RAGSDALE FAMILY YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Shallow (3.5 to 5 feet)</b> Open Swim - Deep	5:30AM-8:00AM (Pool) <i>General I.</i>						1:00PM-4:45PM (Pool) <i>General I.</i>
<b>Pick-Up Basketball</b> Gym-court 1	5:30AM-8:00AM (Gym)						
<b>5 Lanes Open</b> Lap Lanes	5:30AM-4:30PM (Pool)  7:30PM-8:45PM (Pool)	5:30AM-4:30PM (Pool)  7:30PM-8:45PM (Pool)	5:30AM-10:00AM (Pool)  11:00AM-4:00PM (Pool)  7:45PM-8:45PM (Pool)	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)
<b>Les Mills BODYPUMP™</b> <b>(Virtual Instructor)</b> Group Exercise Studio	5:35AM-6:35AM (Cardio & Strength) <i>General I.</i>		5:35AM-6:35AM (Cardio & Strength) <i>General I.</i>				
<b>Les Mills BODYCOMBAT™</b> <b>(Virtual Instructor)</b> Group Exercise Studio	6:45AM-7:45AM (Cardio) <i>General I.</i>		6:45AM-7:30AM (Cardio) <i>General I.</i>				
<b>Les Mills Core™ (Virtual Instructor)</b> Group Exercise Studio	8:00AM-8:45AM (Cardio & Strength) <i>General I.</i>	8:00AM-8:45AM (Cardio & Strength) <i>General I.</i>  12:10PM-1:10PM (Cardio & Strength) <i>General I.</i>	8:00AM-8:45AM (Cardio & Strength) <i>General I.</i>	8:00AM-8:50AM (Cardio & Strength) <i>General I.</i>  12:10PM-12:55PM (Cardio & Strength) <i>General I.</i>	7:30AM-8:15AM (Cardio & Strength) <i>General I.</i>		
<b>Les Mills RPM™ Express</b> Small Cycle Room	8:15AM-8:45AM (Cycle) <i>Bridget N.</i>		8:15AM-8:45AM (Cycle) <i>Bridget N.</i>			8:15AM-8:45AM (Cycle) <i>Bridget N.</i>	
<b>Step</b> Group Exercise Studio	9:00AM-9:50AM (Cardio) <i>Sharon K.</i>	6:00PM-6:50PM (Cardio) <i>Jen K.</i>					
<b>Memory, Movement and Balance</b> Community Room	10:00AM-10:50AM (Active Adult) <i>General I.</i>				10:00AM-10:50AM (Active Adult) <i>General I.</i>		
<b>Les Mills BodyBalance™</b> Group Exercise Studio	10:00AM-10:50AM (Mind & Body) <i>Sharon K.</i>		10:00AM-10:50AM (Mind & Body) <i>Sharon K.</i>				
<b>SilverSneakers® Yoga</b> Group Exercise Studio	1:00PM-2:00PM (Active Adult) <i>Jessica A.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>2 Lanes Open</b> Lap Lanes	4:30PM-7:30PM (Pool)	4:30PM-7:30PM (Pool)		4:30PM-7:30PM (Pool)		8:00AM-1:30PM (Pool)	
<b>QuickFit Powered by Myzone</b> Wellness Center	4:30PM-5:00PM (Cardio & Strength) <i>Marlee R.</i>		4:30PM-5:00PM (Cardio & Strength) <i>Marlee R.</i>				
<b>Les Mills BODYPUMP™</b> Group Exercise Studio	6:00PM-7:00PM (Cardio & Strength) <i>Kim B.</i>	9:00AM-9:55AM (Cardio & Strength) <i>Bridget N.</i>	6:00PM-7:00PM (Cardio & Strength) <i>Jen K.</i>	9:00AM-9:55AM (Cardio & Strength) <i>Bridget N.</i>		9:00AM-9:50AM (Cardio & Strength) <i>Bridget N.</i>	
<b>Open Gym</b> Gym-court 1	6:00PM-9:00PM (Gym)		5:30AM-6:00PM (Gym)				
<b>Zumba®</b> Group Exercise Studio	7:00PM-7:50PM (Cardio) <i>Chad L.</i>		7:00PM-7:50PM (Cardio) <i>Yukiko H.</i>				
<b>Open Gym</b> Gym-court 2		5:30AM-2:00PM (Gym)	5:30AM-2:00PM (Gym)		5:30AM-2:00PM (Gym)		
<b>Strength and Stretch</b> Group Exercise Studio		5:45AM-6:30AM (Strength) <i>Marion J.</i>  10:05AM-10:50AM (Strength) <i>Caren S.</i>					
<b>Les Mills BodyBalance™ (Virtual Instructor)</b> Group Exercise Studio		7:05AM-7:50AM (Mind & Body) <i>General I.</i>  1:10PM-2:10PM (Mind & Body) <i>General I.</i>		7:05AM-7:50AM (Mind & Body) <i>General I.</i>  1:00PM-2:00PM (Mind & Body) <i>General I.</i>	5:35AM-6:35AM (Mind & Body) <i>General I.</i>		
<b>Yoga</b> Community Room		8:00AM-8:50AM (Mind & Body) <i>Rebecca J.</i>		8:00AM-8:50AM (Mind & Body) <i>Rebecca J.</i>			
<b>Deep Water</b> Lap Lanes		8:15AM-9:00AM (Deep Water) <i>General I.</i>	8:15AM-9:00AM (Deep Water) <i>General I.</i>	8:15AM-9:00AM (Deep Water) <i>General I.</i>	8:15AM-9:00AM (Deep Water) <i>General I.</i>		
<b>SilverSneakers® Yoga</b> Community Room		9:00AM-9:50AM (Active Adult) <i>Caren S.</i>		9:00AM-9:50AM (Active Adult) <i>Jessica A.</i>			
<b>Flex, Stretch, Flow</b> Lap Lanes		9:15AM-10:00AM (Shallow Water) <i>General I.</i>	9:15AM-10:00AM (Shallow Water) <i>General I.</i>	9:15AM-10:00AM (Shallow Water) <i>General I.</i>	9:15AM-10:00AM (Shallow Water) <i>General I.</i>		
<b>SilverSneakers® Classic</b> Community Room		10:00AM-10:50AM (Active Adult) <i>Phylathia M.</i>		10:00AM-10:50AM (Active Adult) <i>Nancy C.</i>			
<b>Parkinson's Cycle</b> Gym-court 1		10:15AM-11:00AM (Cycle) <i>Bridget N.</i>		10:15AM-11:00AM (Cycle) <i>Bridget N.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Shallow Power</b> Lap Lanes		10:15AM-11:00AM (Shallow Water) <i>General I.</i>		10:15AM-11:00AM (Shallow Water) <i>General I.</i>	10:15AM-11:00AM (Shallow Water) <i>General I.</i>		
<b>Beginner Line Dance</b> Community Room		11:00AM-11:50AM (Cardio) <i>Phylathia M.</i>					
<b>Les Mills RPM™</b> Small Cycle Room		5:00PM-5:45PM (Cycle) <i>Huy (.</i>		5:00PM-5:45PM (Cycle) <i>Huy (.</i>			
<b>Aqua Blast</b> Lap Lanes		5:30PM-6:15PM (Deep Water) <i>General I.</i>		5:30PM-6:15PM (Deep Water) <i>General I.</i>			
<b>Yoga</b> Group Exercise Studio		7:00PM-7:50PM (Mind & Body) <i>Connie M.</i>				8:05AM-8:50AM (Mind & Body) <i>Connie M.</i>	2:30PM-3:30PM (Mind & Body) <i>Jessica A.</i>
<b>Open Gym</b> Gym-court 3			5:30AM-2:00PM (Gym)  6:00PM-9:00PM (Gym)		5:30AM-2:00PM (Gym)	8:00AM-5:00PM (Gym)	1:00PM-5:00PM (Gym)
<b>Active Adult Fitness</b> Group Exercise Studio			9:00AM-9:50AM (Active Adult) <i>Sharon K.</i>				
<b>4 Lanes Open</b> Lap Lanes			10:00AM-11:00AM (Pool)				
<b>SilverSneakers® Splash</b> Lap Lanes			10:15AM-11:00AM (Shallow Water) <i>General I.</i>				
<b>3 Lanes Open</b> Lap Lanes			4:00PM-7:45PM (Pool)				
<b>Pickleball</b> Gym-court 1			6:00PM-8:00PM (Gym)				1:00PM-3:00PM (Gym)
<b>Open Gym</b> Gym-court 4			6:00PM-9:00PM (Gym)		5:30AM-2:00PM (Gym)  6:00PM-8:00PM (Gym)	8:00AM-5:00PM (Gym)	1:00PM-5:00PM (Gym)
<b>Gentle Yoga</b> Group Exercise Studio				10:05AM-11:05AM (Mind & Body) <i>Jessica A.</i>	10:10AM-10:55AM (Mind & Body) <i>Rebecca J.</i>		
<b>Parkinson's Cycle</b> Zoom				3:00PM-4:00PM (Cycle) <i>Betsy L.</i>			
<b>HIIT</b> Group Exercise Studio				6:00PM-6:50PM (Cardio & Strength) <i>Kim S.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cardio Dance</b> Group Exercise Studio				7:00PM-7:50PM (Cardio) <i>Kim S.</i>	9:00AM-9:50AM (Cardio) <i>Sharon K.</i>		
<b>Cycle</b> Small Cycle Room					5:45AM-6:30AM (Cycle) <i>Lauryn K.</i>		
<b>Core</b> Group Exercise Studio					8:30AM-8:55AM (Mind & Body) <i>Leah G.</i>		
<b>Trek N Tread</b> Wellness Center					9:00AM-9:50AM (Cardio & Strength) <i>Kim B.</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>Deep (5 to 9ft) Non Lap Lane Area</b> Open Swim - Deep						8:00AM-9:00AM (Pool) <i>General I.</i>  2:00PM-4:45PM (Pool) <i>General I.</i>	



## KATHLEEN PRICE BRYAN FAMILY YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Main Court	5:30AM-5:45PM (Gym)	5:30AM-10:40AM (Gym)  3:00PM-5:45PM (Gym)	5:30AM-5:45PM (Gym)	5:30AM-10:40AM (Gym)  3:00PM-5:45PM (Gym)	5:30AM-8:00PM (Gym)		
<b>Open Swim</b> Family Pool	5:30AM-8:00AM (Pool)  10:00AM-5:30PM (Pool)  7:30PM-8:00PM (Pool)	5:30AM-8:00AM (Pool)  10:00AM-5:30PM (Pool)  7:30PM-8:00PM (Pool)	5:30AM-8:00AM (Pool)  10:00AM-5:30PM (Pool)  7:30PM-8:00PM (Pool)	5:30AM-8:00AM (Pool)  10:00AM-5:30PM (Pool)  7:30PM-8:00PM (Pool)	10:00AM-7:00PM (Pool)	7:30AM-9:00AM (Pool)  12:00PM-3:30PM (Pool)	1:30PM-4:30PM (Pool)
<b>Les Mills BODYPUMP™ Express</b> Group Exercise Room 1	6:00AM-6:45AM (Cardio & Strength) <i>Cee D.</i>	12:00PM-12:50PM (Cardio & Strength) <i>Caroline D.</i>	6:00AM-6:50AM (Cardio & Strength) <i>Melissa B.</i>	12:00PM-12:50PM (Cardio & Strength) <i>Cee D.</i>			
<b>Les Mills RPM™ (Virtual Instructor)</b> Cycle Studio	6:00AM-6:50AM (Cycle) <i>General I.</i>	12:00PM-12:50PM (Cycle) <i>General I.</i>	6:00AM-6:50AM (Cycle) <i>General I.</i>  5:45PM-6:30PM (Cycle) <i>General I.</i>	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>
<b>8 Lanes Open</b> Lap Lanes	7:00AM-1:00PM (Pool)  2:00PM-4:30PM (Pool)  6:30PM-8:00PM (Pool)	7:00AM-4:30PM (Pool)  6:30PM-8:00PM (Pool)	7:00AM-1:00PM (Pool)  2:00PM-4:30PM (Pool)  6:30PM-8:00PM (Pool)	7:00AM-4:30PM (Pool)  6:30PM-8:00PM (Pool)	7:00AM-1:00PM (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>Kimetha K.</i>  9:00AM-10:00AM (Shallow Water) <i>Kimetha K.</i>	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>Kimetha K.</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>General I.</i>	8:00AM-9:00AM (Shallow Water) <i>General I.</i>  9:00AM-10:00AM (Shallow Water) <i>Kimetha K.</i>		
<b>SilverSneakers® Cardio Fit</b> Group Exercise Room 1	8:00AM-8:50AM (Active Adult) <i>Cee D.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Deep End Only Open</b> Family Pool	8:00AM-10:00AM (Pool)  5:30PM-7:30PM (Pool)	8:00AM-10:00AM (Pool)  5:30PM-7:30PM (Pool)	8:00AM-10:00AM (Pool)  5:30PM-7:30PM (Pool)	5:30PM-7:30PM (Pool)	8:00AM-10:00AM (Pool)	9:00AM-12:00PM (Pool)	
<b>Line Dancing</b> Group Exercise Room 1	9:00AM-9:50AM (Cardio) <i>Brenda R.</i>				5:00PM-5:50PM (Cardio) <i>Phylathia M.</i>		
<b>Chair Yoga</b> Group Exercise Room 2	9:00AM-9:50AM (Mind & Body) <i>Richard B.</i>						
<b>Les Mills THE TRIP (Virtual Instructor)</b> Cycle Studio	12:00PM-12:45PM (Cycle) <i>General I.</i>				12:00PM-12:45PM (Cycle) <i>General I.</i>		
<b>Cardio Plus</b> Group Exercise Room 1	12:00PM-12:50PM (Cardio & Strength) <i>General I.</i>						
<b>4 Lanes Open</b> Lap Lanes	1:00PM-2:00PM (Pool)  4:30PM-5:30PM (Pool)	4:30PM-5:30PM (Pool)	1:00PM-2:00PM (Pool)  4:30PM-5:30PM (Pool)	4:30PM-5:30PM (Pool)	1:00PM-2:00PM (Pool)		
<b>Yoga</b> Group Exercise Room 2	4:30PM-5:20PM (Mind & Body) <i>Jo W.</i>	6:30PM-7:20PM (Mind & Body) <i>Midge S.</i>		6:00PM-6:50PM (Mind & Body) <i>Michaela C.</i>			
<b>Les Mills SPRINT™ (Virtual Instructor)</b> Cycle Studio	5:30PM-6:00PM (Cycle) <i>General I.</i>		12:00PM-12:30PM (Cycle) <i>General I.</i>	6:00AM-6:30AM (Cycle) <i>General I.</i>	5:30PM-6:00PM (Cycle) <i>General I.</i>		
<b>3 Lanes Open</b> Lap Lanes	5:30PM-6:30PM (Pool)	5:30PM-6:30PM (Pool)	5:30PM-6:30PM (Pool)	5:30PM-6:30PM (Pool)			
<b>Les Mills BODYPUMP™</b> Group Exercise Room 1	6:30PM-7:30PM (Cardio & Strength) <i>Calissa H.</i>			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>
<b>2 Lanes Open</b> Lap Lanes		5:30AM-7:00AM (Pool)		5:30AM-7:00AM (Pool)	4:30PM-6:00PM (Pool)		
<b>Cycle</b> Cycle Studio		6:00AM-6:50AM (Cycle) <i>Sally M.</i>  5:30PM-6:20PM (Cycle) <i>Laura R.</i>		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>	
<b>Yoga</b> Group Exercise Room 1		6:00AM-6:50AM (Mind & Body) <i>Puja V.</i>		6:00AM-6:50AM (Mind & Body) <i>Puja V.</i>	11:00AM-11:50AM (Mind & Body) <i>Puja V.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>HIRT45</b> Group Exercise Room 1		8:00AM-8:45AM (Cardio & Strength) <i>Troy H.</i>					
<b>Core Balance &amp; Mobility</b> Group Exercise Room 1		9:00AM-9:50AM (Strength) <i>Caroline D.</i>					
<b>Active Adult Fitness</b> Group Exercise Room 1		10:00AM-10:50AM (Active Adult) <i>Erika D.</i>			10:00AM-10:50AM (Active Adult) <i>Erika D.</i>		
<b>Pickleball</b> Main Court		11:00AM-3:00PM (Gym)		11:00AM-3:00PM (Gym)			
<b>Gentle Yoga</b> Group Exercise Room 2		12:00PM-12:50PM (Mind & Body) <i>Richard B.</i>		8:30AM-9:20AM (Mind & Body) <i>Midge S.</i>			
<b>Kickboxing</b> Group Exercise Room 1		4:30PM-5:20PM (Cardio) <i>John M.</i>					
<b>Step &amp; Tone</b> Group Exercise Room 1		5:30PM-6:20PM (Cardio & Strength) <i>Chryssy C.</i>					
<b>Les Mills BODYCOMBAT™</b> Group Exercise Room 1		6:30PM-7:20PM (Cardio) <i>John M.</i>					1:30PM-2:20PM (Cardio) <i>John M.</i>
<b>SilverSneakers® Classic</b> Group Exercise Room 1			8:00AM-8:50AM (Active Adult) <i>Midge S.</i>				
<b>Zumba®</b> Group Exercise Room 1			9:00AM-9:50AM (Cardio) <i>Kimetha K.</i>  6:00PM-6:50PM (Cardio) <i>Christy O.</i>	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>	
<b>Yoga</b> Community Room			10:00AM-10:50AM (Mind & Body) <i>Chris M.</i>			9:30AM-10:20AM (Mind & Body) <i>Kristi W.</i>	
<b>HIIT</b> Group Exercise Room 1			12:00PM-12:50PM (Cardio & Strength) <i>Sonia K.</i>				
<b>Athletic Conditioning</b> Group Exercise Room 1				9:00AM-10:00AM (Cardio & Strength) <i>Erika D.</i>			
<b>Strength and Stretch</b> Group Exercise Room 1					8:00AM-8:50AM (Strength) <i>Cee D.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Les Mills Pilates</b> Group Exercise Room 1					9:00AM-9:45AM (Strength) <i>Caroline D.</i>		
<b>Open Gym</b> Court 2					10:45AM-1:00PM (Gym)		
<b>Track Attack</b> Track					12:00PM-12:50PM (Cardio & Strength) <i>Amanda B.</i>		



## HAYES-TAYLOR MEMORIAL YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Swim</b> Family Pool	7:00AM-7:30PM (Pool)	7:00AM-7:30PM (Pool)	7:00AM-7:30PM (Pool)	7:00AM-7:30PM (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>	9:00AM-9:45AM (Active Adult) <i>Thelma S.</i>	9:00AM-9:45AM (Active Adult) <i>Thelma S.</i>	9:00AM-9:45AM (Active Adult) <i>General I.</i>	9:00AM-9:45AM (Active Adult) <i>Jessica F.</i>		
<b>Les Mills BodyBalance™</b> Group Exercise Room 1	10:00AM-11:00AM (Mind & Body) <i>Cee D.</i>		10:00AM-11:00AM (Mind & Body) <i>Cee D.</i>				
<b>Line Dancing</b> Group Exercise Room 2	5:30PM-6:30PM (Cardio) <i>Phylathia M.</i>				11:30AM-12:30PM (Cardio) <i>Phylathia M.</i>		
<b>Cardio Dance</b> Group Exercise Room 2	6:45PM-7:45PM (Cardio) <i>sharetha M.</i>		6:30PM-7:15PM (Cardio) <i>sharetha M.</i>				
<b>Cycle Strength</b> Group Exercise Room 1		5:45AM-6:30AM (Cycle) <i>Dacia J.</i>	5:45AM-6:30AM (Cycle) <i>Dacia J.</i>				
<b>Cardio Dance</b> Group Exercise Room 1		10:00AM-10:45AM (Cardio) <i>Jeanette C.</i>  5:45PM-6:30PM (Cardio) <i>Amber T.</i>					
<b>Chair Yoga</b> Group Exercise Room 2		10:00AM-10:45AM (Mind & Body) <i>Dawn B.</i>		10:00AM-10:45AM (Mind & Body) <i>Dawn B.</i>			
<b>Les Mills BODYPUMP™ Fundamentals</b> Group Exercise Room 1		11:15AM-12:15PM (Cardio & Strength) <i>Cee D.</i>					
<b>Strength and Stretch</b> Group Exercise Room 2		12:15PM-1:15PM (Strength) <i>Jeanette C.</i>		10:00PM-11:00PM (Strength) <i>Jeanette C.</i>			
<b>Step</b> Group Exercise Room 1			5:30PM-6:15PM (Cardio) <i>General I.</i>		5:30PM-6:30PM (Cardio) <i>General I.</i>	8:15AM-9:00AM (Cardio) <i>General I.</i>	
<b>Les Mills BODYPUMP™ (Virtual Instructor)</b> Group Exercise Room 1				11:15AM-12:00PM (Cardio & Strength) <i>General I.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Zumba®</b> Group Exercise Room 1						9:15AM-10:00AM (Cardio) <i>Yzetta B.</i>	



## STONEY CREEK EXPRESS YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Active Adult Fitness</b> Group Exercise Studio	8:00AM-8:45AM (Active Adult) <i>Joey H.</i>		8:00AM-8:45AM (Active Adult) <i>Jeanette C.</i>	8:00AM-8:45AM (Active Adult) <i>Jeanette C.</i>	8:00AM-8:45AM (Active Adult) <i>Jeanette C.</i>		
<b>Yoga</b> Group Exercise Studio		6:00PM-6:45PM (Mind & Body) <i>Kisha D.</i>					
<b>Strength and Stretch</b> Group Exercise Studio			9:00AM-9:45AM (Strength) <i>Jeanette C.</i>		9:00AM-9:45AM (Strength) <i>Jeanette C.</i>		
<b>QuickFit</b> Group Exercise Studio			5:30PM-6:00PM (Cardio & Strength) <i>Kisha D.</i>				
<b>Zumba®</b> Group Exercise Studio					7:00AM-7:45AM (Cardio) <i>Sarah C.</i>		
<b>Yoga (Virtual Instructor)</b> Group Exercise Studio						9:00AM-9:50AM (Mind & Body) <i>General I.</i>	



# Stoney Creek Express YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Core</b> Group Exercise Studio	5:30PM-6:00PM (Mind & Body) <i>Kisha D.</i>						
<b>Active Adult Fitness</b> Group Exercise Studio		8:00AM-8:45AM (Active Adult) <i>Chryssy C.</i>					
<b>Cardio Plus</b> Group Exercise Studio				5:30PM-5:55PM (Cardio & Strength) <i>Kisha D.</i>			
<b>Trek N Tread</b> Wellness Center (Treadmills)					8:00AM-8:30AM (Cardio & Strength) <i>Courtney G.</i>  6:00PM-6:30PM (Cardio & Strength) <i>General I.</i>		