






Group Exercise Schedule

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
 	<p>The 44th Annual Turkey Trot 5K & 1 Mile Fun Run will take place on November 13th! In person AND virtual options! Sign up TODAY!</p> 	<p>Please bring your own mat and water bottle to classes and always scan your membership card when you arrive. We can't wait to work out with you!</p>	<p>Fall Fit AMRAP Bootcamp with Emily D. DROP IN: \$15 M/Th 6 pm</p> 	<p>BODYPUMP@118 LAUNCH OCTOBER 11th @ 5:30 pm</p> 	<p>7:30 AM Barre Meredith-Out</p>	<p>7:30 AM BODYPUMP@ Emily-Out 9 AM Zumba@ Kristin-Out</p>
3	4	5	6	7	8	9
<p>2:30 PM Virtual BODYPUMP@ Stacie Reidsville YMCA Group Exercise Facebook Page - LIVE only</p>	<p>5 AM Yoga 1 Cheri-Out 8 AM BODYPUMP@ Meredith-Out 9:15 AM Barre Meredith-Out 5:30 PM BODYPUMP@ Stacie-Gym/Out 6:30 PM Zumba@ Kristin-Out</p>	<p>5 AM BODYPUMP@ Rachel-Out 8:30 AM STRONG Meredith-Out 9:30 AM Yoga 1 Meredith-Out 9:30 AM SS Classic Emma-AR 6 PM POUND@ Jana-Out</p>	<p>5 AM Yoga 1 Cheri-Out 8 AM BODYPUMP@ Traci-Out 9:30 AM SS CardioFit Traci-AR 5:30 PM BODYPUMP@ Stacie-Gym/Out</p>	<p>5 AM BODYPUMP@ Rachel -Out 8:30 AM STRONG Meredith-Out 9:30 AM SS Classic Emma-AR 10:30 AM SS Yoga Emma-AR 6:30 PM Zumba@ Kristin-Out</p>	<p>7:30 AM Barre Meredith-Out</p>	<p>7:30 AM BODYPUMP@ Emily-Out 9 AM Zumba@ Kristin-Out</p>
10	11	12	13	14	15	16
<p>2:30 PM Virtual BODYPUMP@ Stacie Reidsville YMCA Group Exercise Facebook Page - LIVE only</p>	<p>5 AM Yoga 1 Cheri-Out 8 AM BODYPUMP@ Meredith-Out 9:15 AM Barre Meredith-Out 5:30 PM BODYPUMP@ 118 LAUNCH Emily, Meredith, Rachel, Stacie, Traci-Gym/Out 6:30 PM Zumba@ Kristin-Out</p>	<p>5 AM BODYPUMP@ Rachel-Out 8:30 AM STRONG Meredith-Out 9:30 AM Yoga 1 Meredith-Out 9:30 AM SS Classic Emma-AR 10:30 AM Zumba Gold@ Mo-AR 6 PM POUND@ Jana-Out</p>	<p>5 AM Yoga 1 Cheri-Out 8 AM BODYPUMP@ Traci-Out 9:30 AM SS CardioFit Traci-AR 5:30 PM BODYPUMP@ Stacie-Gym/Out</p>	<p>5 AM BODYPUMP@ Rachel -Out 8:30 AM STRONG Meredith-Out 7:30 AM Barre Meredith-Out</p>	<p>7:30 AM Barre Meredith-Out</p>	<p>7:30 AM BODYPUMP@ Emily-Out 9 AM Zumba@ Kristin-Out</p>
17	18	19	20	21	22	23
<p>2:30 PM Virtual BODYPUMP@ Stacie Reidsville YMCA Group Exercise Facebook Page - LIVE only</p>	<p>5 AM Yoga 1 Cheri-Out 8 AM BODYPUMP@ Meredith-Out 9:15 AM Barre Meredith-Out 5:30 PM BODYPUMP@ Stacie-Gym/Out 6:30 PM Zumba@ Kristin-Out</p>	<p>5 AM BODYPUMP@ Rachel-Out 8:30 AM STRONG Meredith-Out 9:30 AM Yoga 1 Meredith-Out 9:30 AM SS Classic Emma-AR 10:30 AM Zumba Gold@ Mo-AR 6 PM POUND@ Jana-Out</p>	<p>5 AM Yoga 1 Cheri-Out 8 AM BODYPUMP@ Traci-Out 9:30 AM SS CardioFit Traci-AR 5:30 PM BODYPUMP@ Stacie-Gym/Out</p>	<p>5 AM BODYPUMP@ Rachel -Out 8:30 AM STRONG Meredith-Out 9:30 AM SS Classic Emma-AR 10:30 AM SS Yoga Emma-AR 6:30 PM Zumba@ Kristin-Out</p>	<p>7:30 AM Barre Meredith-Out</p>	<p>7:30 AM BODYPUMP@ Emily-Out 9 AM Zumba@ Kristin-Out</p>
24/31	25	26	27	28	29	30
<p>2:30 PM Virtual BODYPUMP@ Stacie Reidsville YMCA Group Exercise Facebook Page - LIVE only *No class on 10/31*</p>	<p>5 AM Yoga 1 Cheri-Out 8 AM BODYPUMP@ Meredith-Out 9:15 AM Barre Meredith-Out 5:30 PM BODYPUMP@ Stacie-Gym/Out 6:30 PM Zumba@ Kristin-Out</p>	<p>5 AM BODYPUMP@ Rachel-Out 8:30 AM STRONG Meredith-Out 9:30 AM Yoga 1 Meredith-Out 9:30 AM SS Classic Emma-AR 10:30 AM Zumba Gold@ Mo-AR 6 PM POUND@ Jana-Out</p>	<p>5 AM Yoga 1 Cheri-Out 8 AM BODYPUMP@ Traci-Out 9:30 AM SS CardioFit Traci-AR 5:30 PM BODYPUMP@ Stacie-Gym/Out</p>	<p>5 AM BODYPUMP@ Rachel -Out 8:30 AM STRONG Meredith-Out 9:30 AM SS Classic Emma-AR 10:30 AM SS Yoga Emma-AR 7:30 AM Barre Meredith-Out</p>	<p>7:30 AM Barre Meredith-Out</p>	<p>7:30 AM BODYPUMP@ Emily-Out 9 AM Zumba@ Kristin-Out *Halloween Costume Contest and raffles. Spread the fun and dress up for classes!*</p> 