



Group Exercise Schedule November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3	4	5	6	7	
	5 AM Yoga 1 Cheri-Out 8 AM BODYPUMP® Meredith-Out 9:15 AM Barre Meredith-Out 5:30 PM BODYPUMP® Stacie-Gym/Out 6:35 PM Zumba® Kristin-Out	5 AM BODYPUMP® Rachel-Out 8:30 AM STRONG Meredith-Out 9:35 AM Yoga 1 Meredith-Out 9:30 AM SS Classic Emma-AR 10:35 AM Zumba Gold® Mo-AR 5:30 PM Yoga 1 Anne-Out 6 PM POUND® Emily D-BT	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	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 12:15 PM Express HIIT Emily D-Out 5:30 PM Express HIIT Anne-Out 6:35 PM Zumba® Kristin-Out	7:30 AM Barre Meredith-Out	7:30 AM BODYPUMP® Emily-Gym/Out 9 AM Zumba® Kristin-Out	
7	8	9	10	11	12	13	
2:30 PM Virtual BODYPUMP® Stacie Reidsville YMCA Group Exercise Facebook Page - LIVE only	5 AM Yoga 1 Cheri-Out 8 AM BODYPUMP® Meredith-Out 9:15 AM Barre Meredith-Out 5:30 PM BODYPUMP® Stacie-BT 6:35 PM Zumba® Kristin-Out	5 AM BODYPUMP® Rachel-BT 8:30 AM STRONG Meredith-Out 9:35 AM Yoga 1 Meredith-Out 9:30 AM SS Classic Emma-AR 10:35 AM Zumba Gold® Mo-AR 5:30 PM Yoga 1 Anne-Out 6 PM POUND® Emily D-BT	5 AM Yoga 1 Cheri-Out 8 AM BODYPUMP® Traci-BT 9:30 AM SS CardioFit Traci-AR 5:30 PM BODYPUMP® Stacie-BT	5 AM BODYPUMP® Rachel -BT 8:30 AM STRONG Meredith-Out 9:30 AM SS Classic Emma-AR 10:30 AM SS Yoga Emma-AR 12:15 PM Express HIIT Emily D-Out 5:30 PM STRONG Emily-Out 6:35 PM Zumba® Kristin-Out	7:30 AM Barre Meredith-Out	44th Annual Turkey Trot 5K & 1 Mile Fun Run 	
14	15	16	17	18	19	20	
2:30 PM Virtual BODYPUMP® Stacie Reidsville YMCA Group Exercise Facebook Page - LIVE only	5 AM Yoga 1 Cheri-Out 8 AM BODYPUMP® Meredith-BT 9:15 AM Barre Meredith-Out 5:30 PM BODYPUMP® Stacie-BT 6:35 PM Zumba® Kristin-Out	5 AM BODYPUMP® Rachel-BT 8:30 AM STRONG Meredith-Out 9:35 AM Yoga 1 Meredith-Out 9:30 AM SS Classic Emma-AR 10:35 AM Zumba Gold® Mo-AR 6 PM POUND® Emily D-BT	5 AM Yoga 1 Cheri-Out 8 AM BODYPUMP® Traci-BT 9:30 AM SS CardioFit Traci-AR 5:30 PM BODYPUMP® Stacie-BT	5 AM BODYPUMP® Rachel -BT 8:30 AM STRONG Meredith-Out 9:30 AM SS Classic Emma-AR 10:30 AM SS Yoga Emma-AR 12:15 PM Express HIIT Emily D-Out 5:30 PM STRONG Emily-Out 6:35 PM Zumba® Kristin-Out	7:30 AM Barre Meredith-Out	7:30 AM BODYPUMP® Emily-BT	
21	22	23	24	25	26	27	
2:30 PM Virtual BODYPUMP® Stacie Reidsville YMCA Group Exercise Facebook Page - LIVE only	5 AM Yoga 1 Cheri-Out 8 AM BODYPUMP® Traci-BT 9:15 AM Barre Meredith-Out 5:30 PM BODYPUMP® Stacie-BT 6:35 PM Zumba® Kristin-Out	5 AM BODYPUMP® Rachel-BT 8:30 AM STRONG Meredith-Out 9:35 AM Yoga 1 Meredith-Out 9:30 AM SS Classic Emma-AR 10:35 AM Zumba Gold® Mo-AR 6 PM POUND® Emily D-BT	8 AM BODYPUMP® Meredith-BT 5:30 PM BODYPUMP® Stacie-BT	HAPPY THANKSGIVING!	9 AM BODYPUMP® Stacie-BT *ALL NEW* BODYPUMP® Technique, followed by 45 min BODYPUMP® Class	7:30 AM BODYPUMP® Emily-BT 9 AM Zumba® Kristin-Out	
28	29	30					
2:30 PM Virtual BODYPUMP® Stacie Reidsville YMCA Group Exercise Facebook Page - LIVE only	5 AM Yoga 1 Cheri-Out 8 AM BODYPUMP® Meredith-BT 9:15 AM Barre Meredith-Out 5:30 PM BODYPUMP® Stacie-BT 6:35 PM Zumba® Kristin-Out	5 AM BODYPUMP® Rachel-BT 8:30 AM STRONG Meredith-Out 9:35 AM Yoga 1 Meredith-Out 9:30 AM SS Classic Emma-AR 10:35 AM Zumba Gold® Mo-AR 5:30 PM Yoga 1 Anne-Out 6 PM POUND® Emily D-BT	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!				MAINTAIN DON'T GAIN HOLIDAY FITNESS CHALLENGE 