





# Group Exercise Schedule December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
 	<b>12 Days of Fitmas, December 14th-25th</b>  	<b>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!</b>	5 AM Yoga 1   Cheri-AR  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 Functional Strength   Emily D-BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS Yoga   Emma-AR	7:30 AM Kettlebell/Core   Emily D-BT	7:30 AM BODYPUMP@ Rachel-BT  9 AM Zumba@   Kristin-BT
5	6	7	8	9	10	11
2:30 PM Virtual BODYPUMP@   Stacie Reidsville YMCA Group Exercise Facebook Page - LIVE only	5 AM Yoga 1   Cheri-AR  8 AM BODYPUMP@   Traci-BT  5:30 PM BODYPUMP@   Stacie-BT 6:35 PM Zumba@   Kristin-BT	5 AM BODYPUMP@   Rachel-BT  8:30 AM POUND@   Emily D-BT  9:30 AM SS Classic   Emma-AR 10:35 AM Zumba Gold@   Mo-AR  5:30 PM Yoga 1   Anne-AR	5 AM Yoga 1   Cheri-AR  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/BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS Yoga   Emma-AR  5:30 PM STRONG   Emily-BT 6:35 PM Zumba@   Kristin-BT	7:30 AM Barre   Meredith-Out/BT	7:30 AM BODYPUMP@ Emily-BT  9 AM Zumba@   Kristin-BT
12	13	14	15	16	17	18
2:30 PM Virtual BODYPUMP@   Stacie Reidsville YMCA Group Exercise Facebook Page - LIVE only	5 AM Yoga 1   Cheri-AR  8 AM BODYPUMP@   Meredith-BT 9:15 AM Barre   Meredith-Out/AR  5:30 PM BODYPUMP@   Stacie-BT 6:35 PM Zumba@   Kristin-BT	5 AM BODYPUMP@   Rachel-BT  8:30 AM STRONG   Meredith-Out/BT 9:30 AM Yoga 1   Meredith-Out/BT 9:30 AM SS Classic   Emma-AR 10:30 AM Zumba Gold@   Mo-AR  6 PM POUND@   Emily D-BT	5 AM Yoga 1   Cheri-AR  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/BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS Yoga   Emma-AR	7:30 AM Barre   Meredith-Out/BT	7:30 AM BODYPUMP@ Emily-BT  9 AM Zumba@   Kristin-BT
19	20	21	22	23	24	25
No Facebook Live classes. Visit the Virtual Y for a class! (ymcagreensboro.org)	5 AM Yoga 1   Cheri-AR  8 AM BODYPUMP@   Meredith-BT 9:15 AM Barre   Meredith-Out/AR  5:30 PM BODYPUMP@   Emily-BT 6:35 PM Zumba@   Kristin-BT	5 AM BODYPUMP@   Rachel-BT  8:30 AM STRONG   Meredith-Out/BT 9:30 AM Yoga 1   Meredith-Out/BT 9:30 AM SS Classic   Emma-AR 10:30 AM Zumba Gold@   Mo-AR  5:30 PM Yoga 1   Anne-AR 6 PM POUND@   Emily D-BT	5 AM Yoga 1   Cheri-AR  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 MERRY FITMAS Master Class   Meredith, Emily D, Rachel, Stacie-BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS Yoga   Emma-AR  5:30 PM STRONG   Emily-BT 6:35 PM Zumba@   Kristin-BT	No classes - visit our Wellness Center 5:30 am-Noon	<b>YMCA is CLOSED. Merry Christmas!</b>
26	27	28	29	30	31	
2:30 PM Virtual BODYPUMP@   Stacie Reidsville YMCA Group Exercise Facebook Page - LIVE only	8 AM BODYPUMP@   Meredith-BT 9:15 AM Barre   Meredith-Out/AR  5:30 PM BODYPUMP@   Stacie-BT 6:35 PM Zumba@   Kristin-BT	5 AM BODYPUMP@   Rachel-BT  8:30 AM STRONG   Meredith-Out/BT 9:30 AM Yoga 1   Meredith-Out/BT 9:30 AM SS Classic   Emma-AR 10:30 AM Zumba Gold@   Mo-AR  6 PM POUND@   Emily D-BT	8 AM BODYPUMP@   Meredith-BT  5:30 PM BODYPUMP@   Stacie-BT	5 AM BODYPUMP@   Rachel -BT  8:30 AM STRONG   Meredith-Out/BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS Yoga   Emma-AR  5:30 PM STRONG   Emily-BT 6:35 PM Zumba@   Kristin-BT	No classes - visit our Wellness Center 5:30 am-Noon	  <b>Merry Fitmas Master Class 12/23, 8:30 am. Sign up at the desk!</b>