




Group Exercise Schedule

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
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-AR 5:30 PM BODYPUMP® Stacie-BT 6:35 PM Zumba® Kristin-BT	5 AM BODYPUMP® Rachel-BT 8:30 AM STRONG Meredith-BT 9:35 AM Yoga 1 Meredith-BT 9:30 AM SS Classic Emma-AR 10:35 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® Rachel-BT	5 AM BODYPUMP® Rachel -BT 8:30 AM STRONG Meredith-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-AR	7:30 AM BODYPUMP® Rachel-BT 9 AM Zumba® Kristin-BT
9	10	11	12	13	14	15
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-AR 5:30 PM BODYPUMP® Stacie-BT 6:35 PM Zumba® Kristin-BT	5 AM BODYPUMP® Rachel-BT 8:30 AM STRONG Meredith-BT 9:35 AM Yoga 1 Meredith-BT 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-AR 8 AM BODYPUMP® Traci-BT 9:30 AM SS CardioFit Traci-AR 5:30 PM BODYPUMP® 119 LAUNCH Emily, Meredith, Rachel, Stacie, Traci-BT	5 AM BODYPUMP® Rachel -BT 8:30 AM STRONG Meredith-BT 9:30 AM SS Classic Emma-AR 10:30 AM SS Yoga Emma-AR 5:30 PM STRONG Emily-BT	7:30 AM Barre Meredith-AR	7:30 AM BODYPUMP® Emily-BT
16	17	18	19	20	21	22
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-AR 5:30 PM BODYPUMP® Stacie-BT 6:35 PM Zumba® Kristin-BT	5 AM BODYPUMP® Rachel-BT 8:30 AM STRONG Meredith-BT 9:35 AM Yoga 1 Meredith-BT 9:30 AM SS Classic Emma-AR 10:35 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 STRONG Meredith-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-AR	7:30 AM BODYPUMP® Emily-BT 9 AM Zumba® Kristin-BT
23	24	25	26	27	28	29
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-AR 5:30 PM BODYPUMP® Stacie-BT 6:35 PM Zumba® Kristin-BT	5 AM BODYPUMP® Rachel-BT 8:30 AM STRONG Meredith-BT 9:35 AM Yoga 1 Meredith-BT 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-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-BT 9:30 AM SS Classic Emma-AR 10:30 AM SS Yoga Emma-AR 5:30 PM STRONG Emily-BT	7:30 AM Barre Meredith-AR	7:30 AM BODYPUMP® Emily-BT 9 AM Zumba® Kristin-BT
30	31					
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-AR 5:30 PM BODYPUMP® Stacie-BT 6:35 PM Zumba® Kristin-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!	Small Group Training January 5th-February 9th 	NEW YEAR, BETTER YOU BODYPUMP® 119 LAUNCH January 12th at 5:30 pm		 United Way of Rockingham County