




# Group Exercise Schedule

## April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
View at home workouts through YMCA360.org	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!	 	FREE Zumba Classes at Market Square! 4/25-6/29 M/W, 6:30-7:30 pm.	<b>SPRING CLEAN TRANSFORMATION BOOTCAMP</b> April 6-May 25 Wednesdays, 6:30-7:30 pm 	7:30 AM Barre   Meredith-AR	7:30 AM BODYPUMP@ Rachel-BT 9 AM Zumba@   Kristin-BT
3	4	5	6	7	8	9
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 9:35 AM Zumba Gold@   Mo-BT 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 5:30 PM Cardio Plus   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 <b>5:30 PM BODYPUMP@ 120 LAUNCH</b>   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 HIIT   Anne-BT	7:30 AM Barre   Meredith-AR	7:30 AM BODYPUMP@ Emily-BT 9 AM Zumba@   Kristin-BT
10	11	12	13	14	15	16
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 9:35 AM Zumba Gold@   Mo-BT 5:30 PM BODYPUMP@   Stacie-BT 6:35 PM Zumba@   Kristin-BT	5 AM BODYPUMP@   Meredith-BT 8:30 AM STRONG   Meredith-BT 9:35 AM Yoga 1   Meredith-BT 9:30 AM SS Classic   Emma-AR 5:30 PM Cardio Plus   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@   Stacie -BT 8:30 AM STRONG   Meredith-BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS Yoga   Emma-AR 5:30 PM HIIT   Anne-AR 6:35 PM Zumba@   Kristin-AR	7:30 AM Barre   Meredith-AR	7:30 AM BODYPUMP@ Emily-BT 9 AM Zumba@   Kristin-BT
17	18	19	20	21	22	23
	5 AM Strength and Stretch   Rachel-AR 8 AM BODYPUMP@   Meredith-BT 9:15 AM Barre   Meredith-AR 9:35 AM Zumba Gold@   Mo-BT 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 5:30 PM Cardio Plus   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   Traci-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
24	25	26	27	28	29	30
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 9:35 AM Zumba Gold@   Mo-BT 5:30 PM BODYPUMP@   Stacie-BT 6:30 PM Zumba@   Kristin-MS	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 5:30 PM Cardio Plus   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 6:30 PM Zumba@   Shernicka-MS	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@ Stacie-BT