



Group Exercise Schedule

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
	 <p style="text-align: center;">International Yoga Day! Join us as we celebrate on 6/21 at 9:35 am</p>	<p>FREE Zumba Classes at Market Square! 4/25-6/27 Mondays, 6:30-7:30 pm.</p>	<p>5 AM Yoga 1 Cheri-AR 6 AM Cycle Express Cheri-AR</p> <p>8 AM BODYPUMP@ Traci-BT 9:30 AM SS CardioFit Traci-BT</p> <p>5:30 PM BODYPUMP@ Stacie-BT</p>	<p>5 AM BODYPUMP@ Rachel -BT</p> <p>8:30 AM STRONG Meredith-BT 9:30 AM SS Classic Emma-AR 10:30 AM SS Yoga Emma-AR</p> <p>6:35 PM Zumba@ Kristin-BT</p>	<p>7:30 AM Barre Meredith-AR</p>	<p>7:30 AM BODYPUMP@ Stacie-BT</p> <p>9 AM Zumba@ Kristin-BT</p>
5	6	7	8	9	10	11
<p>2:30 PM Virtual BODYPUMP@ Stacie Reidsville YMCA Group Exercise Facebook Page - LIVE only</p>	<p>5 AM Yoga 1 Cheri-AR</p> <p>8 AM BODYPUMP@ Traci-BT</p> <p>5:30 PM BODYPUMP@ Stacie-BT 6:30 PM Zumba@ Kristin-MS</p>	<p>5 AM BODYPUMP@ Rachel-BT</p> <p>8:30 AM Kettlebell Emily D-BT 9:35 AM Yoga 1 Cheri-BT 9:30 AM SS Classic Emma-AR</p> <p>6 PM POUND@ Emily D-BT</p>	<p>5 AM Yoga 1 Cheri-AR 6 AM Cycle Express Cheri-AR</p> <p>8 AM BODYPUMP@ Traci-BT 9:30 AM SS CardioFit Traci-BT</p> <p>5:30 PM BODYPUMP@ Stacie-BT</p>	<p>5 AM BODYPUMP@ Rachel -BT</p> <p>8:30 AM STRONG Meredith-BT 9:30 AM SS Classic Emma-AR 10:30 AM SS Yoga Emma-AR</p> <p>5:30 PM STRONG Emily-AR 6:35 PM Zumba@ Kristin-AR</p>	<p>7:30 AM Barre Meredith-AR</p>	<p>7:30 AM BODYPUMP@ Emily-BT</p>
12	13	14	15	16	17	18
<p>2:30 PM Virtual BODYPUMP@ Stacie Reidsville YMCA Group Exercise Facebook Page - LIVE only</p>	<p>5 AM Yoga 1 Cheri-AR</p> <p>8 AM BODYPUMP@ Meredith-BT 9:15 AM Barre Meredith-AR</p> <p>5:30 PM BODYPUMP@ Stacie-BT 6:30 PM Zumba@ Kristin-MS</p>	<p>5 AM BODYPUMP@ Rachel-BT</p> <p>8:30 AM STRONG Meredith-BT 9:35 AM Yoga 1 Meredith-BT 9:30 AM SS Classic Emma-AR</p> <p>6 PM POUND@ Emily D-BT</p>	<p>5 AM Yoga 1 Cheri-AR 6 AM Cycle Express Cheri-AR</p> <p>8 AM BODYPUMP@ Traci-BT 9:30 AM SS CardioFit Traci-BT</p> <p>5:30 PM BODYPUMP@ Stacie-BT</p>	<p>5 AM BODYPUMP@ Rachel -BT</p> <p>8:30 AM STRONG Meredith-BT 9:30 AM SS Classic Emma-AR 10:30 AM SS Yoga Emma-AR</p> <p>5:30 PM STRONG Emily-BT 6:35 PM Zumba@ Kristin-BT</p>	<p>7:30 AM Barre Meredith-AR</p>	<p>7:30 AM BODYPUMP@ Emily-BT</p> <p>9 AM Zumba@ Kristin-BT</p>
19	20	21	22	23	24	25
<p>2:30 PM Virtual BODYPUMP@ Stacie Reidsville YMCA Group Exercise Facebook Page - LIVE only</p>	<p>5 AM Yoga 1 Cheri-AR</p> <p>8 AM BODYPUMP@ Meredith-BT 9:15 AM Barre Meredith-AR</p> <p>5:30 PM BODYPUMP@ Stacie-BT 6:30 PM Zumba@ Kristin-MS</p>	<p>5 AM BODYPUMP@ Rachel-BT</p> <p>8:30 AM STRONG Meredith-BT 9:35 AM Yoga 1 Meredith-BT 9:30 AM SS Classic Emma-AR</p> <p>6:15 PM POUND@ Jana-BT</p>	<p>5 AM Yoga 1 Cheri-AR 6 AM Cycle Express Cheri-AR</p> <p>8 AM BODYPUMP@ Traci-BT 9:30 AM SS CardioFit Traci-BT</p> <p>5:30 PM BODYPUMP@ Stacie-BT</p>	<p>5 AM BODYPUMP@ Rachel -BT</p> <p>8:30 AM STRONG Meredith-BT 9:30 AM SS Classic Emma-AR 10:30 AM SS Yoga Emma-AR</p> <p>5:30 PM STRONG Emily-BT 6:35 PM Zumba@ Kristin-BT</p>	<p>7:30 AM Barre Meredith-AR</p>	<p>7:30 AM BODYPUMP@ Stacie-BT</p> <p>9 AM Zumba@ Kristin-BT</p>
26	27	28	29	30		
<p>2:30 PM Virtual BODYPUMP@ Stacie Reidsville YMCA Group Exercise Facebook Page - LIVE only</p>	<p>5 AM Yoga 1 Cheri-AR</p> <p>8 AM BODYPUMP@ Meredith-BT 9:15 AM Barre Meredith-AR</p> <p>5:30 PM BODYPUMP@ Stacie-BT 6:30 PM Zumba@ Kristin-MS</p>	<p>5 AM BODYPUMP@ Rachel-BT</p> <p>8:30 AM STRONG Meredith-BT 9:35 AM Yoga 1 Meredith-BT 9:30 AM SS Classic Emma-AR</p> <p>6 PM POUND@ Emily D-BT</p>	<p>5 AM Yoga 1 Cheri-AR 6 AM Cycle Express Cheri-AR</p> <p>8 AM BODYPUMP@ Traci-BT 9:30 AM SS CardioFit Traci-BT</p> <p>5:30 PM BODYPUMP@ Stacie-BT</p>	<p>5 AM BODYPUMP@ Rachel -BT</p> <p>8:30 AM STRONG Meredith-BT 9:30 AM SS Classic Emma-AR 10:30 AM SS Yoga Emma-AR</p> <p>6:35 PM Zumba@ Kristin-BT</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>View at home workouts through YMCA360.org</p>