



Group Exercise Schedule

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
FREE Zumba Classes at Market Square! Mondays through 8/29, 6:30-7:30 pm.	5 AM Yoga 1 Cheri-AR 8 AM BODYPUMP@ Meredith-BT 9:15 AM Barre Meredith-AR 5:30 PM BODYPUMP@ Stacie-BT 6:30 PM Zumba@ Kristin-MS	5 AM BODYPUMP@ Rachel-BT 8:30 AM STRONG Emily-BT 9:35 AM Yoga 1 Cheri-BT 9:30 AM SS Classic Emma-AR 10:30 AM SS EnerChi Emma-AR 6 PM POUND@ Jana-BT	5 AM Yoga 1 Cheri-AR 8 AM BODYPUMP@ Emily-BT 5:30 PM BODYPUMP@ Stacie-BT	5 AM BODYPUMP@ Rachel -BT 8:30 AM STRONG Emily-BT 9:30 AM SS Classic Emma-AR 10:30 AM SS Yoga Emma-AR 6:35 PM Zumba@ Kristin-BT	7:30 AM Barre Emily D-AR	7:30 AM BODYPUMP@ Emily-BT 9 AM STRONG 30 Emily-BT
7	8	9	10	11	12	13
	5 AM Yoga 1 Cheri-AR 8 AM BODYPUMP@ Meredith-BT 9:15 AM Barre Meredith-AR 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 10:30 AM SS EnerChi Emma-AR 6 PM POUND@ Emily D-BT	5 AM Yoga 1 Cheri-AR 8 AM BODYPUMP@ Traci-BT 9:30 AM SS CardioFit Traci-BT 5:30 PM BODYPUMP@ Stacie-BT	5 AM BODYPUMP@ Emily -BT 8:30 AM STRONG Meredith-BT 9:30 AM SS Classic Emma-AR 10:30 AM SS Yoga Emma-AR 6:35 PM Zumba@ Kristin-AR	7:30 AM Barre Meredith-AR	7:30 AM BODYPUMP@ Stacie-BT 9 AM POUND@ Emily D-BT
14	15	16	17	18	19	20
	5 AM Yoga 1 Cheri-AR 8 AM BODYPUMP@ Meredith-BT 9:15 AM Barre Meredith-AR 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 10:30 AM SS EnerChi Emma-AR	5 AM Yoga 1 Cheri-AR 8 AM Kettlebell Traci-AR 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 Barre Emily D-BT	7:30 AM Barre Meredith-AR	7:30 AM BODYPUMP@ Emily-BT 9 AM STRONG 30 Emily-BT
21	22	23	24	25	26	27
	5 AM Yoga 1 Cheri-AR 8 AM BODYPUMP@ Meredith-BT 9:15 AM Barre Meredith-AR 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 10:30 AM SS EnerChi Emma-AR 6 PM POUND@ Jana D-BT	5 AM Yoga 1 Cheri-AR 8 AM BODYPUMP@ Traci-BT 9:30 AM SS CardioFit Traci-BT 5:30 PM BODYPUMP@ Stacie-BT	5 AM BODYPUMP@ Rachel -BT POUND@ Emily D-BT 9:30 AM SS Classic Emma-AR 10:30 AM SS Yoga Emma-AR 5:30 PM Barre Emily D-BT	7:30 AM Barre Emily D-AR	7:30 AM BODYPUMP@ Stacie-BT 9 AM POUND@ Emily D-BT
28	29	30	31			
	5 AM Yoga 1 Cheri-AR 8 AM BODYPUMP@ Meredith-BT 9:15 AM Barre Meredith-AR 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 10:30 AM SS EnerChi Emma-AR 6 PM POUND@ Emily D-BT	5 AM Yoga 1 Cheri-AR 8 AM BODYPUMP@ Traci-BT 9:30 AM SS CardioFit Traci-BT 5:30 PM BODYPUMP@ Stacie-BT	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!
				 United Way of Rockingham County		