





Group Exercise Schedule

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
New Pilates class with our new instructor, Christy! Fridays at 5 am	MAINTAIN DON'T GAIN November 21-January 15. Register today! 	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@ Rachel-BT	5 AM BODYPUMP@ Rachel -BT 8:30 AM STRONG 45 Meredith-BT 9:30 AM Active Adult Fitness Emma-BT 10:30 AM Chair Yoga Emma-BT 5:30 PM Barre Emily D-BT 6:35 PM Zumba@ Kristin-BT	5 AM Pilates Christy-BT 7:30 AM Barre Meredith-BT	7:30 AM BODYPUMP@ Emily-BT 9 AM POUND@ Emily D-BT
		6	7	8	9	10
	5 AM Yoga 1 Cheri-AR 8 AM BODYPUMP@ Meredith-BT 9:15 AM Barre Meredith-AR 9:30 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 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@ 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-AR 6:35 PM Zumba@ Kristin-AR	7:30 AM Barre Meredith-AR	The 45th Annual Turkey Trot 5K & 1 Mile Fun Run! 
13	14	15	16	17	18	19
	5 AM Yoga 1 Cheri-AR 8 AM BODYPUMP@ Meredith-BT 9:15 AM Barre Meredith-AR 9:30 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 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@ 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 6:35 PM Zumba@ Kristin-BT	5 AM Pilates Christy-AR 7:30 AM Barre Meredith-AR	7:30 AM BODYPUMP@ Emily-BT 9 AM Zumba@ Kristin-BT
20	21	22	23	24	25	26
	5 AM Yoga 1 Cheri-AR 8 AM BODYPUMP@ Meredith-BT 9:15 AM Barre Meredith-AR 9:30 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 10:30 AM SS EnerChi Emma-AR 6 PM POUND@ Emily D-BT	5 AM Yoga 1 Christy-AR 8 AM BODYPUMP@ Meredith-BT 9:30 AM SS Classic Meredith-AR 5:30 PM BODYPUMP@ Stacie-BT	HAPPY THANKSGIVING!	5 AM Pilates Christy-AR	7:30 AM BODYPUMP@ Emily-BT 9 AM Zumba@ Kristin-BT
27	28	29	30			
	5 AM Yoga 1 Cheri-AR 8 AM BODYPUMP@ Meredith-BT 9:15 AM Barre Meredith-AR 9:30 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 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	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!	View at home workouts through YMCA360.org	  United Way of Rockingham County