



































































FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LET'S MOVE TOGETHER

## August 2019 Group Exercise Schedule – Spears Family YMCA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>OUR MISSION:</b> The Mission of the YMCA of Greensboro is to put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.</p>	<p><b>Spears Family YMCA</b> 3216 Horse Pen Creek Rd Greensboro, NC 27410 336.387.9622 <a href="http://spearsymca.org">spearsymca.org</a></p> <p><b>YMCA Hours</b> Mon-Thu 5am-10pm Fri 5am-9pm Sat 6am-6pm Sun 11am-6pm</p> <p>July 4<sup>th</sup> 7am-3pm</p>	<p><b>Class Locations</b> GXS – Group Ex Studio CS – Cycle Studio YS – Yoga Studio GYM – Spears 2 WC – Wellness Center</p> <p>Classes are 45-50 min unless otherwise noted ^ = 25-30 min class *= 60 min class</p>	<p>Follow us, Like us!</p>   	<p><b>1</b></p> <p>5:00 Big Red Circuits Liz *8:00 Yoga 1 GXS Linda</p> <p>9:15  GXS Rebecca</p> <p>9:30 Athletic Cond Gym Jenn D 9:30 Barre YS Beth 0:30 SS Classic GXS Arlene</p> <p>12:00  GXS Leigh</p> <p>4:30 Yoga 1 GXS Renee 6:00 Cycle CS Dylan 6:00 Yoga 1 YS Kristin</p> <p>6:00  GXS Caroline</p>	<p><b>2</b></p> <p>5:00 Cycle CS Anne</p> <p>5:30  GXS Bruce</p> <p>8:30 AAF GXS Debbie *8:30 Cycle CS Arlene 9:00 Barre YS Beth *9:30 Yoga 2 GXS Heidi 9:30 Athletic Cond Gym Nikki P</p> <p>10:30  Gym Pam 10:35 SS Yoga GXS Linda 11:40 Gentle Yoga Kristin 5:30 Gentle Yoga YS Jo</p>	<p><b>3</b></p> <p>*8:15  GXS Bruce</p> <p>9:30 Cycle CS Bruce 9:30 Yoga 1 45 min GXS Renee *10:30 Yoga 1 GXS Renee</p>
<p><b>4</b></p> <p>2:30 Cycle CS Dylan 2:30  GXS Stephanie 3:30 Yoga 1 GXS Linda</p>	<p><b>5</b></p> <p>5:05 Cycle CS Liz 6:00 Cycle CS Liz 8:30 AAF GXS Emily 8:30 HIIT Gym Arlene *9:00 Yoga 1 YS Tabitha *9:30 Cycle CS Jenn D 9:30 CI GXS Arlene</p> <p>10:00  Gym Lenna ^10:20 Core GXS Arlene 11:00 Gentle Yoga GXS Alison 1:30 SS Classic GXS Janet 2:30 Chair Yoga 1 GXS Tabitha</p> <p>4:15  GXS Dana 5:30 Yoga 1 GXS Libby *6:30 Cycle CS Jenny 6:30 Athletic Cond Diane 6:30 Yoga 2 YS Libby</p>	<p><b>6</b></p> <p>5:45 Core GXS Ron ^6:00 HIIT GXS Ron 8:30 Yoga 1 GXS Alison 9:30 HIIT Gym Kara *9:30 Cycle CS Jenn D 9:30 Barre GXS Beth 10:30 SS Classic GXS Beth</p> <p>12:00  GXS Emily</p> <p>4:30 Yoga 1 GXS Renee</p> <p>5:30  GXS Rebecca</p> <p>6:00 Cycle CS Jennifer B 6:00 Yoga 1 YS Kristin</p> <p>6:35  GXS Christy</p>	<p><b>7</b></p> <p>5:05 Cycle CS Angie 5:30 HIIT GXS Liz 6:00 Cycle CS Angie 8:30 AAF GXS Gretchen 9:30 HIIT Gym Jenn D *9:30 Cycle CS Arlene</p> <p>9:30  GXS Sheila</p> <p>9:30 Yoga 1 YS Debbie 10:30  Gym Lenna 11:00 Gentle Yoga GXS Tabitha 1:30 SS Classic GXS Janet 6:00 Functional Strength GXS Kara 6:00 Yoga 1 YS Jo</p>	<p><b>8</b></p> <p>5:00 Big Red Circuits Ron *8:00 Yoga 1 GXS Linda</p> <p>9:15  GXS Rebecca</p> <p>9:30 Athletic Cond Gym Jenn D 9:30 Barre YS Beth 0:30 SS Classic GXS Beth</p> <p>12:00  GXS Leigh</p> <p>4:30 Yoga 1 GXS Renee 6:00 Cycle CS Dylan 6:00 Yoga 1 YS Kristin</p> <p>6:00  GXS Dana</p>	<p><b>9</b></p> <p>5:00 Cycle CS Liz</p> <p>5:30  GXS Bruce</p> <p>8:30 AAF GXS Debbie *8:30 Cycle CS Gretchen 9:00 Barre YS Beth *9:30 Yoga 2 GXS Heidi 9:30 Athletic Cond Gym Arlene</p> <p>10:30  Gym Elizabeth 10:35 SS Yoga GXS Linda 11:40 Gentle Yoga Kristin 5:30 Gentle Yoga YS Cindy</p>	<p><b>10</b></p> <p>*8:15  GXS Jenn D</p> <p>9:30 Cycle CS Jenn D 9:30 Yoga 1 45 min GXS Libby *10:30 Yoga 1 GXS Libby</p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>11</b> 2:30 Cycle CS Dylan 2:30 Cardio Dance GX S Alicia 3:30 Yoga 1 GX S Cldy	<b>12</b> 5:05 Cycle CS Ron 6:00 Cycle CS Ron 8:30 AAF GX S Alicia 8:30 HIIT Gym Arlene *9:00 Yoga 1 YS Tabitha *9:30 Cycle CS Jenn D 9:30 CI GX S Arlene 10:00  Gym Lenna/Leigh ^10:20 Core GX S Arlene 11:00 Gentle Yoga GX S Alison 1:30 SS Classic GX S Janet 2:30 Chair Yoga 1 GX S Tabitha 4:15  GX S Jen H 5:30 Yoga 1 GX S Renee *6:30 Cycle CS Dylan 6:30 Athletic Cond Nikki P 6:30 Yoga 2 YS Libby	<b>13</b> 5:45 Core GX S Ron ^6:00 HIIT GX S Ron 8:30 Yoga 1 GX S Alison 9:30 HIIT Gym Kara *9:30 Cycle CS Jenn D 9:30 Barre GX S Beth 10:30 SS Classic GX S Cassy 12:00  GX S Jenn D 4:30 Yoga 1 GX S Renee 5:30  GX S Caroline 6:00 Cycle CS Bruce 6:00 Yoga 1 YS Kristin 6:35  GX S Emily	<b>14</b> 5:05 Cycle CS Angie 5:30 HIIT GX S Jennifer B 6:00 Cycle CS Angie 8:30 AAF GX S Emily 9:30 HIIT Gym Nikki P *9:30 Cycle CS Arlene 9:30  GX S Sheila 9:30 Yoga 1 YS Debbie 10:30  Gym Lenna 11:00 Gentle Yoga GX S Tabitha 1:30 SS Classic GX S Beth 6:00 Functional Strength GX S Kara 6:00 Yoga 1 YS Jo	<b>15</b> 5:00 Big Red Circuits Jennifer B *8:00 Yoga 1 GX S Linda 9:15  GX S Rebecca 9:30 Athletic Cond Gym Jenn D 9:30 Barre YS Beth 0:30 SS Classic GX S Arlene 12:00  GX S Leigh 4:30 Yoga 1 GX S Renee 6:00 Yoga 1 YS Kristin 6:00  GX S Dana	<b>16</b> 5:00 Cycle CS Anne 5:30  GX S Bruce 8:30 AAF GX S Debbie *8:30 Cycle CS Jenn D 9:00 Barre YS Beth *9:30 Yoga 2 GX S Heidi 9:30 Athletic Cond Gym Arlene 10:30  Gym Lenna 10:35 SS Yoga GX S Linda 11:40 Gentle Yoga Linda 5:30 Gentle Yoga YS Cindy	<b>17</b> *8:15  GX S Caroline 9:30 Cycle CS Alicia 9:30 Yoga 1 45 min GX S Cldy *10:30 Yoga 1 GX S Cindy
<b>18</b> 2:30 Cycle CS Dylan 2:30  GX S Emily 3:30 Yoga 1 GX S Linda	<b>19</b> 5:05 Cycle CS Anne 6:00 Cycle CS Anne 8:30 AAF GX S Gretchen 8:30 HIIT Gym Arlene *9:00 Yoga 1 YS Tabitha *9:30 Cycle CS Gretchen 9:30 CI GX S Arlene 10:00  Gym Lenna ^10:20 Core GX S Arlene 11:00 Gentle Yoga GX S Alison 1:30 SS Classic GX S Janet 2:30 Chair Yoga 1 GX S Tabitha 4:15  GX S Dana 5:30 Yoga 1 GX S Libby *6:30 Cycle CS Dylan 6:30 Athletic Cond Nikki P 6:30 Yoga 2 YS Libby	<b>20</b> 5:45 Core GX S Ron ^6:00 HIIT GX S Ron 8:30 Yoga 1 GX S Alison 9:30 HIIT Gym Kara *9:30 Cycle CS Jenn D 9:30 Barre GX S Beth 10:30 SS Classic GX S Beth 12:00  GX S Emily 4:30 Yoga 1 GX S Renee 5:30  GX S Rebecca 6:00 Cycle CS Bruce 6:00 Yoga 1 YS Jo 6:35  GX S Christy	<b>21</b> 5:05 Cycle CS Angie 5:30 HIIT GX S Liz 6:00 Cycle CS Angie 8:30 AAF GX S Gretchen 9:30 HIIT Gym Nikki P *9:30 Cycle CS Arlene 9:30  GX S Sheila 9:30 Yoga 1 YS Linda 10:30  Gym Lenna 11:00 Gentle Yoga GX S Tabitha 1:30 SS Classic GX S Janet 6:00 Functional Strength GX S Kara 6:00 Yoga 1 YS Jo	<b>22</b> 5:00 Big Red Circuits Liz *8:00 Yoga 1 GX S Linda 9:15  GX S Rebecca 9:30 Athletic Cond Gym Jenn D 9:30 Barre YS Beth 0:30 SS Classic GX S Beth 12:00  GX S Lenna 4:30 Yoga 1 GX S Renee 6:00 Cycle CS Dylan 6:00 Yoga 1 YS Kristin 6:00  GX S Dana	<b>23</b> 5:00 Cycle CS Liz 5:30  GX S Caroline 8:30 AAF GX S Emily *8:30 Cycle CS Gretchen 9:00 Barre YS Beth *9:30 Yoga 2 GX S Heidi 9:30 Athletic Cond Gym Nikki P 10:30  Gym Lenna 10:35 SS Yoga GX S Linda 11:40 Gentle Yoga Kristin 5:30 Gentle Yoga YS Cindy	<b>24</b> *8:15  GX S Cee 9:30 Cycle CS Kara 9:30 Yoga 1 45 min GX S Renee *10:30 Yoga 1 GX S Renee
<b>25</b> 2:30 Cycle CS Dylan 2:30  GX S Stephanie 3:30 Yoga 1 GX S Libby	<b>26</b> 5:05 Cycle CS Ron 6:00 Cycle CS Ron 8:30 AAF GX S Gretchen 8:30 HIIT Gym Arlene *9:00 Yoga 1 YS Kristin *9:30 Cycle CS Gretchen 9:30 CI GX S Arlene 10:00  Gym Lenna/Leigh ^10:20 Core GX S Arlene 11:00 Gentle Yoga GX S Alison 1:30 SS Classic GX S Janet 2:30 Chair Yoga 1 GX S Alison 4:15  GX S Jen H 5:30 Yoga 1 GX S Renee *6:30 Cycle CS Dylan 6:30 Athletic Cond Nikki P 6:30 Yoga 2 YS Libby	<b>27</b> 5:45 Core GX S Ron ^6:00 HIIT GX S Ron 8:30 Yoga 1 GX S Alison 9:30 HIIT Gym Kara *9:30 Cycle CS Jenn D 9:30 Barre GX S Beth 10:30 SS Classic GX S Cassy 12:00  GX S Jenn D 4:30 Yoga 1 GX S Renee 5:30  GX S Rebecca 6:00 Cycle CS Bruce 6:00 Yoga 1 YS Kristin 6:35  GX S Christy	<b>28</b> 5:05 Cycle CS Angie 5:30 HIIT GX S Jennifer B 6:00 Cycle CS Angie 8:30 AAF GX S Emily 9:30 HIIT Gym Nikki P *9:30 Cycle CS Arlene 9:30  GX S Sheila 9:30 Yoga 1 YS Debbie 10:30  Gym Lenna 11:00 Gentle Yoga GX S Alison 1:30 SS Classic GX S Beth 6:00 Functional Strength GX S Kara 6:00 Yoga 1 YS Jo	<b>29</b> 5:00 Big Red Circuits Ron *8:00 Yoga 1 GX S Linda 9:15  GX S Rebecca 9:30 Athletic Cond Gym Jenn D 9:30 Barre YS Beth 10:30 SS Classic GX S Arlene 12:00  GX S Leigh 4:30 Yoga 1 GX S Renee 6:00 Cycle CS Dylan 6:00 Yoga 1 YS Kristin 6:00  GX S Caroline	<b>30</b> 5:00 Cycle CS Anne 5:30  GX S Bruce 8:30 AAF GX S Debbie *8:30 Cycle CS Gretchen 9:00 Barre YS Beth *9:30 Yoga 2 GX S Heidi 9:30 Athletic Cond Gym Nikki P 10:30  Gym Lenna 10:35 SS Yoga GX S Linda 11:40 Gentle Yoga Kristin 5:30 Gentle Yoga YS Cindy	<b>31</b> *8:15  GX S Jen H 9:30 Cycle CS Kara 9:30 Yoga 1 45 min GX S Renee *10:30 Yoga 1 GX S Libby