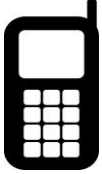




Group Exercise Schedule May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1	2	3	4	
<p>Get group exercise alerts right to your phone! For group exercise changes, updates, or cancellations Text: RVWELLNESS to 781-728-9542</p> 		<p>If you would like alerts about other program areas use any of the codes below: RVSPORTS: Sports RVAQUATICS: Aquatics RVFAMSER: Family Services RVYMCA: Reidsville YMCA (general)</p>		<p>5 AM Cycle Cheri-AR 9 AM SS Classic Traci-AR 9 AM Functional Strength Anne-BT 10 AM SS CardioFit Traci-AR 5:30 PM Cardio Plus Lisa-BT 6:30 PM Zumba@ Amber-BT</p>	<p>5 AM BODYPUMP@ Rachel-BT 7 AM Fitball Margie-AR 9 AM SS Classic Emma-AR 9 AM STRONG 45 Meredith & Sabrina-BT 10 AM SS Yoga Emma-AR 10 AM Kettlebell Meredith-BT 4:30 PM Cycle Anne-AR 5:30 PM BODYPUMP@ Emily-BT 6:30 PM Core Ginny-BT 7 PM Kettlebell Ginny-BT</p>	<p>5 AM STRONG Emily-BT 8:45 AM Cardio Plus Anne-BT 10 AM BODYPUMP@ Sabrina-BT 6 PM POUND@ Emily D-BT</p>	<p>8 AM BODYPUMP@ Rachel-BT 9 AM Zumba@ Amber-BT</p>
5	6	7	8	9	10	11	
	<p>5 AM Yoga 1 Cheri-AR 5 AM Kettlebell Lisa-BT 5:30 AM Core Lisa-BT 9 AM Zumba Gold@ Mo-AR 9 AM STRONG 45 Meredith & Sabrina-BT 10 AM BODYPUMP@ 45 Sabrina-BT 5:30 PM BODYPUMP@ Emily-BT 6:30 PM Zumba@ Amber-BT</p>	<p>5 AM BODYPUMP@ Rachel-BT 7 AM Fitball Margie-AR 8:45 AM BODYPUMP@ Traci-BT 9 AM SS Classic Emma-AR 10 AM Zumba@ Meredith-BT 10 AM SS Yoga Emma-AR 4:30 PM Power Hour Anne-BT 5:30 PM Yoga 1 Anne-AR 5:30 PM Kettlebell Lisa-BT 6 PM POUND@ Emily D-BT</p>	<p>5 AM Cycle Cheri-AR 9 AM SS Classic Traci-AR 9 AM Functional Strength Anne-BT 10 AM SS CardioFit Traci-AR 5:30 PM Power Hour Gina-BT 6:30 PM Zumba@ Amber-BT</p>	<p>5 AM BODYPUMP@ Rachel-BT 7 AM Fitball Margie-AR 9 AM SS Classic Emma-AR 9 AM STRONG 45 Meredith & Sabrina-BT 10 AM SS Yoga Emma-AR 10 AM Kettlebell Meredith-BT 4:30 PM BODYPUMP@ 45 Emily-BT 5:30 PM STRONG 45 Emily-AR</p>	<p>5 AM STRONG Emily-BT 10 AM BODYPUMP@ Traci-BT 6 PM POUND@ Emily D-BT</p>	<p>8 AM BODYPUMP@ Emily-BT 9 AM Zumba@ Amber-BT</p>	
12	13	14	15	16	17	18	
	<p>5 AM Yoga 1 Cheri-AR 5 AM Kettlebell Tommy-BT 5:30 AM Core Tommy-BT 9 AM Zumba Gold@ Mo-AR 9 AM STRONG 45 Meredith & Sabrina-BT 10 AM BODYPUMP@ 45 Sabrina-BT 5:30 PM BODYPUMP@ Emily-BT 6:30 PM Zumba@ Amber-BT</p>	<p>5 AM BODYPUMP@ Rachel-BT 7 AM Fitball Margie-AR 8:45 AM BODYPUMP@ Traci-BT 9 AM SS Classic Emma-AR 10 AM Zumba@ Meredith-BT 10 AM SS Yoga Emma-AR 4:30 PM Power Hour Terri-BT 5:30 PM Yoga 1 Anne-AR 5:30 PM Kettlebell Lisa-BT 6 PM POUND@ Emily D-BT</p>	<p>5 AM Cycle Cheri-AR 9 AM SS Classic Mo-AR 9 AM POUND@ Amy-BT 10 AM Zumba Gold@ Mo-AR 5:30 PM Cardio Plus Lisa-BT 6:30 PM Zumba@ Amber-BT</p>	<p>5 AM BODYPUMP@ Rachel-BT 7 AM Fitball Margie-AR 9 AM SS Classic Emma-AR 9 AM STRONG 45 Meredith & Sabrina-BT 10 AM SS Yoga Emma-AR 10 AM Kettlebell Meredith-BT 4:30 PM Cycle Terri-AR 5:30 PM BODYPUMP@ Emily-BT 6:30 PM Core Lisa-BT</p>	<p>5 AM STRONG Emily-BT 10 AM BODYPUMP@ Sabrina-BT 6 PM POUND@ Emily D-BT</p>	<p>8 AM BODYPUMP@ Emily-BT 9 AM Zumba@ Amber-BT</p>	
19	20	21	22	23	24	25	
<p>2:30 PM BODYPUMP@ Stacie-BT</p>	<p>5 AM Yoga 1 Cheri-AR 5 AM Kettlebell Tommy-BT 5:30 AM Core Tommy-BT 9 AM Zumba Gold@ Mo-AR 9 AM STRONG 45 Meredith & Sabrina-BT 10 AM BODYPUMP@ 45 Sabrina-BT 5:30 PM BODYPUMP@ Emily-BT 6:30 PM Zumba@ Amber-BT</p>	<p>5 AM BODYPUMP@ Rachel-BT 7 AM Fitball Margie-AR 8:45 AM BODYPUMP@ Traci-BT 9 AM SS Classic Emma-AR 10 AM Zumba@ Meredith-BT 10 AM SS Yoga Emma-AR 4:30 PM Power Hour Terri-BT 5:30 PM Yoga 1 Anne-AR 6 PM POUND@ Emily D-BT</p>	<p>5 AM Cycle Tommy-AR 9 AM SS Classic Traci-AR 9 AM Functional Strength Anne-BT 10 AM SS CardioFit Traci-AR 5:30 PM Power Hour Gina-BT 6:30 PM Zumba@ Amber-BT</p>	<p>5 AM BODYPUMP@ Rachel-BT 7 AM Fitball Margie-AR 9 AM SS Classic Emma-AR 9 AM STRONG 45 Meredith & Sabrina-BT 10 AM SS Yoga Emma-AR 10 AM Kettlebell Meredith-BT 4:30 PM Cycle Anne-AR 5:30 PM BODYPUMP@ Emily-BT 6:30 PM Core Ginny-BT 7 PM Kettlebell Ginny-BT</p>	<p>5 AM STRONG Emily-BT 8:45 AM Cardio Plus Anne-BT 10 AM BODYPUMP@ Traci-BT 6 PM POUND@ Emily D-BT</p>	<p>8 AM BODYPUMP@ Emily-BT 9 AM Zumba@ Amber-BT</p>	
26	27	28	29	30	31		
	<p>YMCA CLOSED MEMORIAL DAY</p>	<p>5 AM BODYPUMP@ Rachel-BT 7 AM Fitball Margie-AR 8:45 AM BODYPUMP@ Sabrina-BT 9 AM SS Classic Emma-AR 10 AM Zumba@ Meredith-BT 10 AM SS Yoga Emma-AR 4:30 PM Power Hour Anne-BT 5:30 PM Yoga 1 Anne-AR 5:30 PM Kettlebell Lisa-BT 6 PM POUND@ Amy-BT</p>	<p>5 AM Cycle Tommy-AR 9 AM SS Classic Mo-AR 9 AM Functional Strength Anne-BT 10 AM Zumba Gold@ Mo-AR 5:30 PM Cardio Plus Lisa-BT 6:30 PM Zumba@ Amber-BT</p>	<p>5 AM BODYPUMP@ Rachel-BT 7 AM Fitball Margie-AR 9 AM SS Classic Emma-AR 9 AM STRONG 45 Meredith & Sabrina-BT 10 AM SS Yoga Emma-AR 10 AM Kettlebell Meredith-BT 4:30 PM Cycle Anne-AR 5:30 PM BODYPUMP@ Emily-BT 6:30 PM Core Ginny-BT 7 PM Kettlebell Ginny-BT</p>	<p>5 AM STRONG Emily-BT 8:45 AM Cardio Plus Anne-BT 10 AM BODYPUMP@ Traci-BT 6 PM POUND@ Amy-BT</p>	 <p>United Way of Rockingham County</p>	