



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

FEBRUARY 2012: WILLIAM G. WHITE, JR. FAMILY YMCA

New Time!

3:05-4:05

All Yoga

Jacob 2/5 & 19

Nancy 2/12 & 26

Added class-

BodyPump™

now offered on Sundays

at 4:15. Come join

us for to get a jump

on the week.

Brenner Fit

Celebration 2/3,

No Class

Quote for you...

"Never be discouraged, because every wrong attempt, when left behind you, is another step forward taking you closer to your goals"

Thomas A. Edison

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|---|--|--|
| 5:45-6:45: BodyPump™ | 5:45-6:45: PE Joe | 6:00-7:00: Muscle Max Teresa 2/1, 22, 15 & 29 Sara 2/8 | 5:45-6:45: BodyPump™ | 5:45-6:45: Sport Conditioning James (meet in lobby) 6:00-6:45: ME and Ab Attack Elizabeth | | |
| 8:30-9:30: Muscle Max Lisa 2/6 & 27 Jennifer 2/2/13 & 20 | 8:30-9:30: Step Lisa 2/7, 21 & 27 Wendy 2/14 | 8:30-9:15: ME and Abs Joe 2/1, 15 & 29 Shawn 2/8 & 22 | 8:30-9:30: PE Joe | 8:30-9:30: Step Interval Lisa 2/3, 10 & 24 Jennifer 2/17 | 8:00-9:00: Muscle Max Jennifer | |
| 9:30-10:15: SilverSneakers™ CardioFit (XRZONE) Lisa Marie 2/6 & 20 2/13 & 27 needed | 9:45-10:45: BodyPump | 9:30-10:15: SilverSneakers™ CardioFit (XRZONE) RETURNS IN March 9:30-10:30: Zumba™ Renee | 9:45-10:45: BodyPump™ | 9:30-10:15: SilverSneakers™ CardioFit (XRZONE) Joanne 9:30-10:30: Legs & Lungs Joe | 9:15-9:45: M. E. Shawn 2/4 & 18 Wendi 2/11 Nick 2/25 | |
| 9:35-10:45: Zumba™ Carlotta | | | | | | |
| 10:45-11:45: Yoga Stretch MacKenzie 2/10 needed | 11-12:15: Yoga II Julia | 10:45-11:15: Hoopdio Monica 2/1, 15 & 29 10:45-11:45 Zumba Gold™ Yvonne 2/8 & 22 | 11-12:15: Yoga II Julia | 10:45-11:45: Zumba™ Jimmie | 9:50-10:50: Zumba™ Laquinta 2/4 & 28 Dance Trance 2/11 & 18 | |
| 12:15-12:45: M. E. Shawn | | 12:15-12:45: CoreBlast Joe | | 12:15-1:00: Upper Body & Abs Joe | 11-12:00: Yoga Jean | |
| | 2:00-2:45: SilverSneakers™ MSROM Antonio | | 2:00-2:45: SilverSneakers™ MSROM Antonio | | | 2:00-3:00: Body Blitz James 2/5 & 2/19 Heather 2/12 & 26 |
| 5:15-6:00: Cardio Throwdown Wendi | 5:15-5:45: M. E. Shawn 5:35-6:35: B.S.T James Meet in lobby | 4:45-5:45: Muscle Max Wendi | 4:30-5:30: Dance Trance 5:30-6:00: M. E. James | | | 3:05-4:05: All Yoga See box for instructors |
| 6:15-7:15: BodyPump™ | 5:45-6:30: Kickboxing Sarah 2/7, 21 & 28 Nick 2/14 | 6:00-7:00: Body Pump™ | 6:05-6:35: Core Blast James | 5:15-6:30: BodyPump™ 15 mins early on 2/3 5:30-6:30: BodyPump™ Rest of the month | | 4:15-5:15: BodyPump™ 5:30-6:30: Dance Trance |
| | 6:30-7:00: DT Breakdown 7:00-8:00: Dance Trance | 7:10 -8:10: Athletic Yoga Kriss | 6:35-7:35: Zumba™ Renee 2/2, 16, & 23 Katie 2/9 | 6:45-7:45: DanceTrance 2/10, 17 & 24 Brenner Fit with Katie 2/3 NO CLASS, it's a celebration | | |

WILLIAM G. WHITE, JR. FAMILY YMCA

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Our Mission: "Helping people reach their God-given potential in spirit, mind and body."



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CYCLE SCHEDULE

WILLIAM G. WHITE, JR. FAMILY YMCA

February 2012

Remember to bring a towel and water to class!

First timers are welcome! Arrive 10 minutes early to meet with instructor and get set up on your bike! ENJOY!

Please remember cycle classes require 24-hour advance registration.

Just call **336-721-2100** to sign up!

Quote for you...

What makes a great endurance athlete is the ability to absorb potential embarrassment, and to suffer without complaint. I was discovering that if it was a matter of gritting my teeth, not caring how it looked, and outlasting everybody else, I won. It didn't seem to matter what sport it was--in a straight-ahead, long-distant race, I could beat anybody. If it was a suffer-fest, I was good at it.

Lance Armstrong
My Journey back to Life

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|---|---|--|---|
| 5:15-6:00 Cycle Stacie | | 5:15-6:00 Cycle Doug | 5:15-6:00 Cycle Shelley | | | |
| 6:05-7:05 Cycle Stacie | 6:05-7:05 Cycle Elizabeth | 6:05-7:05 Cycle Leslie | 6:05-7:05 Cycle Leslie | 6:05-7:05 Cycle Stacie | 8:15-9:15 Cycle Shelley | |
| 9:30-10:30 Cycle/Plyo *tennis shoes Becky | 9:30-10:30 Cycle Jennifer Heather 2/21 | 9:30-10:30 Cycle Colleen | 9:30-11:00 90 Min. Cycle Michael P. | 9:30-10:30 Cycle Colleen | 9:30-10:30 Cycle James 2/4 & 18 Heather 2/12 & 26 | |
| 10:35-11:35 Moderate Cycle Karen | | 10:35-11:35 Moderate Cycle Pallazza | | 10:35-11:35 Moderate Cycle Joanne | | |
| | | | | | | |
| | 12:15-1:00 Express Cycle Lucia | | 12:15-1:00 Road Cycle Joe | | | 3:05-4:05 Cycle James 2/5 & 19 Heather 2/12 & 26 |
| 5:30-6:30 Cycle Kat | 5:30-6:30 Cycle Joshua | 5:30-6:30 Cycle Shelley | 5:30-6:30 Cycle Heather | 5:30-6:30 Cycle Carl | | |
| 6:40-7:40 Cycle Colleen | 6:40-7:40 Cycle James 2/7 & 21 Dawn 2/14 & 28 | 6:40-7:40 Road Cycle Joe | 6:40-7:40 Cycle Drills James | | | |



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MIND BODY SCHEDULE

WILLIAM G. WHITE, JR. FAMILY YMCA

February 2012

Saturday and Sunday yoga offered in the Group Exercise room. Please check that schedule.

New time for Sunday yoga held in Group Exercise room. Class is now offered at 3:05 to 4:05, please make note of this change so you don't miss class.

Note: Bubba has taken February off to study in Madrid. We will welcome him back in March.

PreNatal Yoga has changed days...now offered Fridays at 6:30-7:30pm.

Quote for you...

For breath is life,
and if you breathe
well you will live
long on earth.

-Sanskrit Proverb

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------------------------------------|---|---|--|----------|--------|
| | | | | | | |
| 6:15-7:15 Early Bird Yoga Kristin | | 6:15-7:15 Early Bird Yoga Kristin | | 6:15-7:15 Early Bird Yoga Kristin | | |
| 8-9:00 Gentle Yoga Jacob | | 8-9:00 Movement, Mobility & Balance Jacob | | 8-9:00 Gentle Yoga Jacob | | |
| 9:30-10:30 Gentle Yoga Jacob | | 9:30-10:30 Gentle Yoga Jacob | 9:30-10:30 Iron Mind Body Colleen | 9:30-10:30 Gentle Yoga Jacob | | |
| | | | | 10:40-11:40 Yoga Kristin | | |
| | 12:15-1:00 Pilates Linda B | 12:15-1:15 Power Yoga Kristin Mackenzie 2/10 | 12:15-1:00 Pilates Buff Linda M | | | |
| | | | | | | |
| | | | | 6:30-7:30 Pre-Natal Yoga Kristin No Class 2/10 | | |
| 5:30-6:30 Pilates Linda B | 5:30-6:30 Pilates Cecile | 6-7:00 Yoga II Nancy | 5:30-6:30 Pilates Cecile | | | |
| 6:35-7:35 Flow Yoga Cecile | | | 6:35-7:35 Flow Yoga Cecile | | | |