



Stokes County Recreation Department Facilitated by the Stokes Family YMCA January 2012-Group Exercise

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|------------------------------|--|---|---|
| 1 | 2 All Classes are free this week 1-2 through 1-6! Come give us a try! | 3 Abs 12:00pm-12:30pm Yoga 6:00pm-7:00pm | 4 Zumba 5:15pm-6:15pm | 5 Abs 12:00pm-12:30pm | 6 Zumba 5:15pm-6:00pm Yoga 6:00pm-7:00pm | 7 |
| 8 | 9 Zumba 5:15pm-6:15pm | 10 Abs 12:00pm-12:30pm Yoga 6:00pm-7:00pm | 11 Zumba 5:15pm-6:15pm | 12 Abs 12:00pm-12:30pm | 13 Zumba 5:15pm-6:00pm Yoga 6:00pm-7:00pm | 14 |
| 15 | 16 | 17 Yoga 6:00pm-7:00pm | 18 Zumba 5:15pm-6:15pm | 19 Abs 12:00pm-12:30pm | 20 Yoga 6:00pm-7:00pm | 21 |
| 22 | 23 Zumba 5:15pm-6:15pm | 24 Abs 12:00pm-12:30pm Yoga 6:00pm-7:00pm | 25 Zumba 5:15pm-6:15pm | 26 Abs 12:00pm-12:30pm | 27 Yoga 6:00pm-7:00pm | 28 |
| 29 | 30 Zumba 5:15pm-6:15pm | 31 Abs 12:00pm-12:30pm Yoga 6:00pm-7:00pm | | We have 3 ellipticals and 2 bicycles that can used daily free of charge. | Hours of Operation Monday-Thursday 10:00am-6:00pm Friday 10:00am-2:00pm | Classes are \$3.00 per class or free for Y members. |