



Statesville Family YMCA | May 4th - May 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Lane-30 Minutes-Main Pool Lap Lane Sign Up	5:00AM-5:30AM (Swim Lanes) <i>Staff</i>	5:00AM-5:30AM (Swim Lanes) <i>Staff</i>	5:00AM-5:30AM (Swim Lanes) <i>Staff</i>	5:00AM-5:30AM (Swim Lanes) <i>Staff</i>	5:00AM-5:30AM (Swim Lanes) <i>Staff</i>		3:45PM-4:15PM (Swim Lanes) <i>Staff</i>
	5:45AM-6:15AM (Swim Lanes) <i>Staff</i>	5:45AM-6:15AM (Swim Lanes) <i>Staff</i>	5:45AM-6:15AM (Swim Lanes) <i>Staff</i>	5:45AM-6:15AM (Swim Lanes) <i>Staff</i>	5:45AM-6:15AM (Swim Lanes) <i>Staff</i>	5:45AM-6:15AM (Swim Lanes) <i>Staff</i>	
	6:30AM-7:00AM (Swim Lanes) <i>Staff</i>	8:00AM-8:30AM (Swim Lanes) <i>Staff</i>	6:30AM-7:00AM (Swim Lanes) <i>Staff</i>	8:00AM-8:30AM (Swim Lanes) <i>Staff</i>	8:00AM-8:30AM (Swim Lanes) <i>Staff</i>	8:00AM-8:30AM (Swim Lanes) <i>Staff</i>	
	7:15AM-7:45AM (Swim Lanes) <i>Staff</i>	10:00AM-10:30AM (Swim Lanes) <i>Staff</i>	7:15AM-7:45AM (Swim Lanes) <i>Staff</i>	10:00AM-10:30AM (Swim Lanes) <i>Staff</i>	8:45AM-9:15AM (Swim Lanes) <i>Staff</i>		
	8:00AM-8:30AM (Swim Lanes) <i>Staff</i>	10:45AM-11:15AM (Swim Lanes) <i>Staff</i>	8:00AM-8:30AM (Swim Lanes) <i>Staff</i>	10:45AM-11:15AM (Swim Lanes) <i>Staff</i>	9:30AM-10:00AM (Swim Lanes) <i>Staff</i>		
	10:15AM-10:45AM (Swim Lanes) <i>Staff</i>	11:30AM-12:00PM (Swim Lanes) <i>Staff</i>	10:15AM-10:45AM (Swim Lanes) <i>Staff</i>	11:30AM-12:00PM (Swim Lanes) <i>Staff</i>	10:15AM-10:45AM (Swim Lanes) <i>Staff</i>		
	12:00PM-12:30PM (Swim Lanes) <i>Staff</i>	12:15PM-12:45PM (Swim Lanes) <i>Staff</i>	12:00PM-12:30PM (Swim Lanes) <i>Staff</i>	12:15PM-12:45PM (Swim Lanes) <i>Staff</i>	12:00PM-12:30PM (Swim Lanes) <i>Staff</i>		
	12:45PM-1:15PM (Swim Lanes) <i>Staff</i>	1:00PM-1:30PM (Swim Lanes) <i>Staff</i>	2:00PM-2:30PM (Swim Lanes) <i>Staff</i>	2:00PM-2:30PM (Swim Lanes) <i>Staff</i>	12:45PM-1:15PM (Swim Lanes) <i>Staff</i>		
	1:30PM-2:00PM (Swim Lanes) <i>Staff</i>	1:45PM-2:15PM (Swim Lanes) <i>Staff</i>	2:45PM-3:15PM (Swim Lanes) <i>Staff</i>	2:45PM-3:15PM (Swim Lanes) <i>Staff</i>	1:30PM-2:00PM (Swim Lanes) <i>Staff</i>		
	2:15PM-2:45PM (Swim Lanes) <i>Staff</i>	2:30PM-3:00PM (Swim Lanes) <i>Staff</i>	3:30PM-4:00PM (Swim Lanes) <i>Staff</i>	3:30PM-4:00PM (Swim Lanes) <i>Staff</i>	2:15PM-2:45PM (Swim Lanes) <i>Staff</i>		
	3:00PM-3:30PM (Swim Lanes) <i>Staff</i>	3:15PM-3:45PM (Swim Lanes) <i>Staff</i>	4:15PM-4:45PM (Swim Lanes) <i>Staff</i>	4:15PM-4:45PM (Swim Lanes) <i>Staff</i>	3:00PM-3:30PM (Swim Lanes) <i>Staff</i>		
	3:45PM-4:15PM (Swim Lanes) <i>Staff</i>	4:00PM-4:30PM (Swim Lanes) <i>Staff</i>	5:00PM-5:30PM (Swim Lanes) <i>Staff</i>	5:00PM-5:30PM (Swim Lanes) <i>Staff</i>	3:45PM-4:15PM (Swim Lanes) <i>Staff</i>		
	4:30PM-5:00PM (Swim Lanes) <i>Staff</i>	4:45PM-5:15PM (Swim Lanes) <i>Staff</i>	5:45PM-6:15PM (Swim Lanes) <i>Staff</i>	5:45PM-6:15PM (Swim Lanes) <i>Staff</i>	4:30PM-5:00PM (Swim Lanes) <i>Staff</i>		
	5:15PM-5:45PM (Swim Lanes) <i>Staff</i>	5:30PM-6:00PM (Swim Lanes) <i>Staff</i>	6:30PM-7:00PM (Swim Lanes) <i>Staff</i>	6:30PM-7:00PM (Swim Lanes) <i>Staff</i>	5:15PM-5:45PM (Swim Lanes) <i>Staff</i>		
6:45PM-7:15PM (Swim Lanes) <i>Staff</i>				6:00PM-6:30PM (Swim Lanes) <i>Staff</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Lane - 60 Min - Main Pool Lap Lane Sign Up	5:15AM-6:15AM (Swim Lanes) <i>Staff</i>	5:15AM-6:15AM (Swim Lanes) <i>Staff</i>	5:15AM-6:15AM (Swim Lanes) <i>Staff</i>	5:15AM-6:15AM (Swim Lanes) <i>Staff</i>	5:15AM-6:15AM (Swim Lanes) <i>Staff</i>		
	6:30AM-7:30AM (Swim Lanes) <i>Staff</i>	6:30AM-7:30AM (Swim Lanes) <i>Staff</i>	6:30AM-7:30AM (Swim Lanes) <i>Staff</i>	6:30AM-7:30AM (Swim Lanes) <i>Staff</i>	6:30AM-7:30AM (Swim Lanes) <i>Staff</i>		
	7:45AM-8:45AM (Swim Lanes) <i>Staff</i>	7:45AM-8:45AM (Swim Lanes) <i>Staff</i>	7:45AM-8:45AM (Swim Lanes) <i>Staff</i>	7:45AM-8:45AM (Swim Lanes) <i>Staff</i>	7:45AM-8:45AM (Swim Lanes) <i>Staff</i>		
	9:00AM-10:00AM (Swim Lanes) <i>Staff</i>	9:00AM-10:00AM (Swim Lanes) <i>Staff</i>	9:00AM-10:00AM (Swim Lanes) <i>Staff</i>	9:00AM-10:00AM (Swim Lanes) <i>Staff</i>	9:00AM-10:00AM (Swim Lanes) <i>Staff</i>		
	10:15AM-11:15AM (Swim Lanes) <i>Staff</i>	10:15AM-11:15AM (Swim Lanes) <i>Staff</i>	10:15AM-11:15AM (Swim Lanes) <i>Staff</i>	10:15AM-11:15AM (Swim Lanes) <i>Staff</i>	10:15AM-11:15AM (Swim Lanes) <i>Staff</i>		
	11:30AM-12:30PM (Swim Lanes) <i>Staff</i>	11:30AM-12:30PM (Swim Lanes) <i>Staff</i>	11:30AM-12:30PM (Swim Lanes) <i>Staff</i>	11:30AM-12:30PM (Swim Lanes) <i>Staff</i>	11:30AM-12:30PM (Swim Lanes) <i>Staff</i>		
	12:45PM-1:45PM (Swim Lanes) <i>Staff</i>	12:45PM-1:45PM (Swim Lanes) <i>Staff</i>	12:45PM-1:45PM (Swim Lanes) <i>Staff</i>	12:45PM-1:45PM (Swim Lanes) <i>Staff</i>	12:45PM-1:45PM (Swim Lanes) <i>Staff</i>		
2:00PM-3:00PM (Swim Lanes) <i>Staff</i>	2:00PM-3:00PM (Swim Lanes) <i>Staff</i>	2:00PM-3:00PM (Swim Lanes) <i>Staff</i>	2:00PM-3:00PM (Swim Lanes) <i>Staff</i>	2:00PM-3:00PM (Swim Lanes) <i>Staff</i>	2:00PM-3:00PM (Swim Lanes) <i>Staff</i>		
			3:15PM-4:15PM (Swim Lanes) <i>Staff</i>		3:15PM-4:15PM (Swim Lanes) <i>Staff</i>		
			4:30PM-5:30PM (Swim Lanes) <i>Staff</i>		4:30PM-5:30PM (Swim Lanes) <i>Staff</i>		
			5:45PM-6:45PM (Swim Lanes) <i>Staff</i>		5:45PM-6:45PM (Swim Lanes) <i>Staff</i>		
Senior Fit Group Exercise Studio Sign Up	8:00AM-8:45AM (Group Exercise) <i>Linda O.</i>		8:00AM-8:45AM (Group Exercise) <i>Nancy E.</i>		8:00AM-8:45AM (Group Exercise) <i>Nancy E.</i>		
BODYPUMP Group Exercise Studio Sign Up	9:00AM-10:00AM (Group Exercise) <i>Jordan D.</i>		10:00AM-11:00AM (Group Exercise) <i>Jordan D.</i>		10:00AM-11:00AM (Group Exercise) <i>Cindy L.</i>	9:15AM-10:15AM (Group Exercise) <i>Suzanne G.</i>	
	9:00AM-10:00AM (Group Exercise) <i>Jordan D.</i>		5:30PM-6:30PM (Group Exercise) <i>Matthew P.</i>				
	5:30PM-6:30PM (Group Exercise) <i>Jamie P.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Energizers-Deep Water Lap Lane	9:00AM-9:45AM (Water Fitness) <i>Joan V.</i>		9:00AM-9:45AM (Water Fitness) <i>Joan V.</i>				
Joints in Motion-Shallow Water Lap Lane	10:00AM-10:45AM (Water Fitness) <i>Joan V.</i>		10:00AM-10:45AM (Water Fitness) <i>Joan V.</i>		10:00AM-10:45AM (Water Fitness) <i>Pat S.</i>		
Strength & Stretch - Shallow	11:00AM-11:45AM (Water Fitness) <i>Pat S.</i>		11:00AM-11:45AM (Water Fitness) <i>Pat S.</i>				
Balance and Coordination ST Group Exercise Studio Sign Up	11:15AM-12:15PM (Group Exercise) <i>Margaret S.</i>		11:15AM-12:15PM (Group Exercise) <i>Margaret S.</i>				
Gentle//Restorative Yoga Mind and Body Studio Sign Up	11:15AM-12:15PM (Group Exercise) <i>Kimberly H.</i>		8:15AM-9:15AM (Group Exercise) <i>Darlene T.</i>				
Vinyasa Yoga Mind and Body Studio Sign Up	5:30PM-6:30PM (Group Exercise) <i>Cinnamon B.</i>		5:30PM-6:30PM (Group Exercise) <i>Cinnamon B.</i>				
Xtreme HD (HIIT Dance) Group Exercise Studio Sign Up	6:35PM-7:20PM (Group Exercise) <i>Shirelle C.</i>						
Sculpt and Burn Group Exercise Studio Sign Up		5:30AM-6:30AM (Group Exercise) <i>Daylen D.</i>		5:30AM-6:30AM (Group Exercise) <i>Daylen D.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Lane-30 Minutes-Main Pool Sign Up		6:30AM-7:00AM (Swim Lanes) <i>Staff</i> 7:15AM-7:45AM (Swim Lanes) <i>Staff</i>		6:30AM-7:00AM (Swim Lanes) <i>Staff</i> 7:15AM-7:45AM (Swim Lanes) <i>Staff</i>	6:30AM-7:00AM (Swim Lanes) <i>Staff</i> 7:15AM-7:45AM (Swim Lanes) <i>Staff</i>	8:00AM-8:30AM (Swim Lanes) <i>Staff</i> 8:45AM-9:15AM (Swim Lanes) <i>Staff</i> 9:30AM-10:00AM (Swim Lanes) <i>Staff</i> 11:00AM-11:30AM (Swim Lanes) <i>Staff</i> 11:45AM-12:15PM (Swim Lanes) <i>Staff</i> 12:30PM-1:00PM (Swim Lanes) <i>Staff</i> 1:15PM-1:45PM (Swim Lanes) <i>Staff</i> 2:00PM-2:30PM (Swim Lanes) <i>Staff</i> 2:45PM-3:15PM (Swim Lanes) <i>Staff</i>	1:00PM-1:30PM (Swim Lanes) <i>Staff</i> 1:45PM-2:15PM (Swim Lanes) <i>Staff</i> 2:30PM-3:00PM (Swim Lanes) <i>Staff</i> 3:15PM-3:45PM (Swim Lanes) <i>Staff</i> 4:00PM-4:30PM (Swim Lanes) <i>Staff</i>
Cycle Group Exercise Studio Sign Up		8:00AM-8:45AM (Group Exercise) <i>Stephanie J.</i> 5:30PM-6:15PM (Group Exercise) <i>Nacole S.</i>	5:30AM-6:15AM (Group Exercise) <i>Matthew P.</i>	8:00AM-8:45AM (Group Exercise) <i>Angie R.</i>		8:15AM-9:00AM (Group Exercise) <i>Matthew P.</i>	
BODYCOMBAT Group Exercise Studio Sign Up		9:00AM-9:30AM (Group Exercise) <i>Cindy L.</i>					
Flow Yoga Mind and Body Studio Sign Up		9:00AM-10:00AM (Group Exercise) <i>Stephanie J.</i>					
Aqua Deep/Shallow Water Combo Lap Lane		9:00AM-9:45AM (Water Fitness) <i>Joan V.</i>		9:00AM-9:45AM (Water Fitness) <i>Joan V.</i>			
CANCELED: Les Mills CORE Group Exercise Studio Sign Up		9:30AM-10:00AM (Group Exercise) <i>Cindy L.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Recovery - Shallow Water Lap Lane		10:00AM-10:45AM (Water Fitness) <i>Joan V.</i>		10:00AM-10:45AM (Water Fitness) <i>Joan V.</i>			
CANCELED: Chair Yoga Mind and Body Studio Sign Up		10:15AM-11:15AM (Group Exercise) <i>Linda O.</i>					
SilverSneakers Classic Group Exercise Studio Sign Up		10:30AM-11:30AM (Group Exercise) <i>Kimberly H.</i>		10:30AM-11:30AM (Group Exercise) <i>Kimberly H.</i>			
ZUMBA Group Exercise Studio Sign Up		11:45AM-12:30PM (Group Exercise) <i>Bailey B.</i> 6:30PM-7:15PM (Group Exercise) <i>Stephen G.</i>	6:35PM-7:20PM (Group Exercise) <i>Mariana G.</i>	11:45AM-12:30PM (Group Exercise) <i>Bailey B.</i>		10:30AM-11:30AM (Group Exercise) <i>Mariana G.</i>	
Aquafit - Shallow Water Lap Lane		4:00PM-5:00PM (Water Fitness) <i>Christa R.</i>		4:00PM-5:00PM (Water Fitness) <i>Christa R.</i>			
Line Dancing Group Exercise Studio Sign Up			9:00AM-9:45AM (Group Exercise) <i>Paul L.</i>		9:00AM-9:45AM (Group Exercise) <i>Paul L.</i>		
Yin Yoga Mind and Body Studio Sign Up			11:15AM-12:15PM (Group Exercise) <i>Kimberly H.</i>				
Yoga Mind and Body Studio Sign Up				9:00AM-10:00AM (Group Exercise) <i>Kimberly H.</i>		10:30AM-11:30AM (Group Exercise) <i>Darlene T.</i>	
Cardio Fusion Group Exercise Studio Sign Up				9:00AM-9:45AM (Group Exercise) <i>Angie R.</i>			
Chair Yoga Mind and Body Studio Sign Up				10:15AM-11:15AM (Group Exercise) <i>Debbie S.</i>			
HIIT Group Exercise Studio Sign Up				5:30PM-6:15PM (Group Exercise) <i>Nacole S.</i>			
XTREME Hip Hop Step Group Exercise Studio Sign Up				6:30PM-7:15PM (Group Exercise) <i>Michelle L.</i>			
Pilates-Barre Fusion Mind and Body Studio Sign Up					10:00AM-11:00AM (Group Exercise) <i>Cherie G.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength & Stretch - Shallow Lap Lane					11:00AM-11:45AM (Water Fitness) <i>Pat S.</i>		
SilverSneakers Circuit Group Exercise Studio Sign Up					11:15AM-12:15PM (Group Exercise) <i>Margaret S.</i>		
Gentle//Restorative Yoga Group Exercise Studio Sign Up					11:15AM-12:15PM (Group Exercise) <i>Cherie G.</i>		
Swim Lane - 60 Min - Main Pool Sign Up						8:15AM-9:15AM (Swim Lanes) <i>Staff</i>	1:15PM-2:15PM (Swim Lanes) <i>Staff</i>
						9:30AM-10:30AM (Swim Lanes) <i>Staff</i>	2:30PM-3:30PM (Swim Lanes) <i>Staff</i>
						10:45AM-11:45AM (Swim Lanes) <i>Staff</i>	
						12:00PM-1:00PM (Swim Lanes) <i>Staff</i>	
						1:15PM-2:15PM (Swim Lanes) <i>Staff</i>	
						2:30PM-3:30PM (Swim Lanes) <i>Staff</i>	



Yadkin Family YMCA | May 4th - May 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Joy Riders Cycle Studio 2 Sign Up	5:15AM-6:00AM (Group Exercise) Randy E.		8:00AM-8:45AM (Group Exercise) Randy E.	4:30PM-5:15PM (Group Exercise) Randy E.			
BODYCOMBAT Studio 1 Sign Up	8:00AM-8:45AM (Group Exercise) Sherrie P.					8:15AM-9:00AM (Group Exercise) Stephanie K.	
BODYPUMP Studio 1 Sign Up	9:00AM-9:45AM (Group Exercise) Sherrie P. 5:30PM-6:15PM (Group Exercise) Millie	6:00AM-6:45AM (Group Exercise) Jill W.	9:00AM-9:45AM (Group Exercise) Sherrie P. 5:30PM-6:15PM (Group Exercise) Ana W.	6:00AM-6:45AM (Group Exercise) Jill W.		9:15AM-10:00AM (Group Exercise) Jill W.	
Cardio Fusion Studio 2 Sign Up	9:00AM-9:45AM (Group Exercise) Celeste J.						
Aquafit - Shallow Water Lap Lanes 1-3	9:15AM-10:00AM (Water Fitness) Frankie I. 10:15AM-11:00AM (Water Fitness) Jan W.		9:15AM-10:00AM (Water Fitness) Frankie I. 10:15AM-11:00AM (Water Fitness) Jan W.		9:15AM-10:00AM (Water Fitness) Frankie I. 10:15AM-11:00AM (Water Fitness) Jan W.		
Yoga Studio 1 Sign Up	10:00AM-10:45AM (Group Exercise) Celeste J.			10:00AM-10:45AM (Group Exercise) Celeste J.			
SilverSneakers Classic Studio 1 Sign Up	11:00AM-11:45AM (Group Exercise) Celeste J.	10:55AM-11:40AM (Group Exercise) Kim E.					
Aqua Energizers-Deep Water Lap Lanes 1-3	11:15AM-12:00PM (Water Fitness) Jan W.		11:15AM-12:00PM (Water Fitness) Jan W.		11:15AM-12:00PM (Water Fitness) Jan W.		
Chair Pilates Studio 1 Sign Up	12:00PM-12:30PM (Group Exercise) Celeste J.		12:00PM-12:30PM (Group Exercise) Celeste J.				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SPRINT Studio 2 Sign Up	5:30PM-6:00PM (Group Exercise) <i>Stephanie K.</i>	5:15AM-5:45AM (Group Exercise) <i>Lindsey W.</i> 8:00AM-8:30AM (Group Exercise) <i>Randy E.</i>	5:30PM-6:00PM (Group Exercise) <i>Millie</i>	5:15AM-5:45AM (Group Exercise) <i>Lindsey W.</i>	8:15AM-8:45AM (Group Exercise) <i>Stephanie K.</i>	8:15AM-8:45AM (Group Exercise) <i>Randy E.</i>	
ZUMBA Studio 1 Sign Up	6:30PM-7:30PM (Group Exercise) <i>Farrah B.</i>						
Recovery Plus - Shallow Water Lap Lanes 1-3		8:15AM-9:00AM (Water Fitness) <i>Ruth S.</i>		8:15AM-9:00AM (Water Fitness) <i>Ruth S.</i>			
Les Mills CORE Studio 2 Sign Up		8:45AM-9:15AM (Group Exercise) <i>Jade G.</i>					
Water Recovery - Shallow Water Lap Lanes 1-3		9:15AM-10:00AM (Water Fitness) <i>Ruth S.</i>		9:15AM-10:00AM (Water Fitness) <i>Ruth S.</i>			
Kettlebell Studio 2 Sign Up		9:30AM-10:15AM (Group Exercise) <i>Juli M.</i>		9:30AM-10:15AM (Group Exercise) <i>Juli M.</i>			
ZUMBA GOLD Studio 1 Sign Up		10:00AM-10:45AM (Group Exercise) <i>Kim E.</i>			10:00AM-10:45AM (Group Exercise) <i>Kim E.</i>		
Strength & Stability Gym Sign Up		11:00AM-11:55AM (Group Exercise) <i>Juli M.</i>		11:00AM-11:55AM (Group Exercise) <i>Juli M.</i>			
Metabolic Effect Studio 1 Sign Up		5:30PM-6:00PM (Group Exercise) <i>Sherrie P.</i>		5:30PM-6:00PM (Group Exercise) <i>Sherrie P.</i>			
BODYCOMBAT Studio 2 Sign Up		6:15PM-7:00PM (Group Exercise) <i>Sherrie P.</i>					
Hip Hop Studio 1 Sign Up		6:15PM-7:15PM (Group Exercise) <i>Meagan R.</i>		6:15PM-7:15PM (Group Exercise) <i>Ashlyn B.</i>		10:15AM-11:15AM (Group Exercise) <i>Ashlyn B.</i>	
Pilates Studio 2 Sign Up			9:00AM-9:45AM (Group Exercise) <i>Celeste J.</i>				
Cardio Dance Party Studio 1 Sign Up			10:00AM-10:45AM (Group Exercise) <i>Celeste J.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Studio 2 Sign Up			10:05AM-10:50AM (Group Exercise) <i>Sherrie P.</i>				
SilverSneakers Circuit Studio 1 Sign Up			11:00AM-11:45AM (Group Exercise) <i>Celeste J.</i>	11:00AM-11:45AM (Group Exercise) <i>Celeste J.</i>			
MixedFit Studio 1 Sign Up			6:30PM-7:30PM (Group Exercise) <i>Farrah B.</i>				
Cardio Fusion Studio 1 Sign Up				9:00AM-9:45AM (Group Exercise) <i>Celeste J.</i>			
Les Mills Shapes Studio 2 Sign Up				5:30PM-6:00PM (Group Exercise) <i>Millie</i>			
Core (freestyle) Studio 2 Sign Up					9:00AM-9:30AM (Group Exercise) <i>Stephanie K.</i>		
Les Mills Shapes Gym Sign Up						9:10AM-9:40AM (Group Exercise) <i>Millie</i>	



Jerry Long Family YMCA | May 4th - May 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SPRINT Cycle Studio Sign Up	5:30AM-6:00AM (Group Exercise) <i>John C.</i>		8:30AM-9:00AM (Group Exercise) <i>Ana W.</i> 5:30PM-6:00PM (Group Exercise) <i>Erika B.</i>				4:00PM-4:30PM (Group Exercise) <i>Richard E.</i>
Les Mills CORE Group Exercise Studio 1 Sign Up	6:10AM-6:40AM (Group Exercise) <i>John C.</i> 6:35PM-7:05PM (Group Exercise) <i>Leslie P.</i>	8:45AM-9:15AM (Group Exercise) <i>Marcia S.</i>	6:20AM-6:50AM (Group Exercise) <i>John C.</i> 6:35PM-7:05PM (Group Exercise) <i>Marcia S.</i>	8:45AM-9:15AM (Group Exercise) <i>Sarah M.</i>	7:30AM-8:00AM (Group Exercise) <i>Debbie C.</i> 10:25AM-10:55AM (Group Exercise) <i>Patty F.</i>	10:20AM-11:05AM (Group Exercise) <i>Debbie C.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Racquetball Play Racquetball Court 2 Sign Up	8:00AM-9:00AM (Racquetball) <i>Jerry L.</i>	8:00AM-9:00AM (Racquetball) <i>Jerry L.</i>	8:00AM-9:00AM (Racquetball) <i>Jerry L.</i>	8:00AM-9:00AM (Racquetball) <i>Jerry L.</i>	8:00AM-9:00AM (Racquetball) <i>Jerry L.</i>	8:00AM-9:00AM (Racquetball) <i>Jerry L.</i>	
	9:00AM-10:00AM (Racquetball) <i>Jerry L.</i>	9:00AM-10:00AM (Racquetball) <i>Jerry L.</i>	9:00AM-10:00AM (Racquetball) <i>Jerry L.</i>	9:00AM-10:00AM (Racquetball) <i>Jerry L.</i>	9:00AM-10:00AM (Racquetball) <i>Jerry L.</i>	9:00AM-10:00AM (Racquetball) <i>Jerry L.</i>	
	10:00AM-11:00AM (Racquetball) <i>Jerry L.</i>	10:00AM-11:00AM (Racquetball) <i>Jerry L.</i>	10:00AM-11:00AM (Racquetball) <i>Jerry L.</i>	10:00AM-11:00AM (Racquetball) <i>Jerry L.</i>	10:00AM-11:00AM (Racquetball) <i>Jerry L.</i>	10:00AM-11:00AM (Racquetball) <i>Jerry L.</i>	
	11:00AM-12:00PM (Racquetball) <i>Jerry L.</i>	11:00AM-12:00PM (Racquetball) <i>Jerry L.</i>	11:00AM-12:00PM (Racquetball) <i>Jerry L.</i>	11:00AM-12:00PM (Racquetball) <i>Jerry L.</i>	11:00AM-12:00PM (Racquetball) <i>Jerry L.</i>	11:00AM-12:00PM (Racquetball) <i>Jerry L.</i>	
	12:00PM-1:00PM (Racquetball) <i>Jerry L.</i>	12:00PM-1:00PM (Racquetball) <i>Jerry L.</i>	12:00PM-1:00PM (Racquetball) <i>Jerry L.</i>	12:00PM-1:00PM (Racquetball) <i>Jerry L.</i>	12:00PM-1:00PM (Racquetball) <i>Jerry L.</i>	12:00PM-1:00PM (Racquetball) <i>Jerry L.</i>	
	4:00PM-5:00PM (Racquetball) <i>Jerry L.</i>	4:00PM-5:00PM (Racquetball) <i>Jerry L.</i>	4:00PM-5:00PM (Racquetball) <i>Jerry L.</i>	4:00PM-5:00PM (Racquetball) <i>Jerry L.</i>			
	5:00PM-6:00PM (Racquetball) <i>Jerry L.</i>	5:00PM-6:00PM (Racquetball) <i>Jerry L.</i>	5:00PM-6:00PM (Racquetball) <i>Jerry L.</i>	5:00PM-6:00PM (Racquetball) <i>Jerry L.</i>			
	6:00PM-7:00PM (Racquetball) <i>Jerry L.</i>	6:00PM-7:00PM (Racquetball) <i>Jerry L.</i>	6:00PM-7:00PM (Racquetball) <i>Jerry L.</i>	6:00PM-7:00PM (Racquetball) <i>Jerry L.</i>			
	7:00PM-8:00PM (Racquetball) <i>Jerry L.</i>	7:00PM-8:00PM (Racquetball) <i>Jerry L.</i>	7:00PM-8:00PM (Racquetball) <i>Jerry L.</i>	7:00PM-8:00PM (Racquetball) <i>Jerry L.</i>			
	8:00PM-9:00PM (Racquetball) <i>Jerry L.</i>	8:00PM-9:00PM (Racquetball) <i>Jerry L.</i>	8:00PM-9:00PM (Racquetball) <i>Jerry L.</i>	8:00PM-9:00PM (Racquetball) <i>Jerry L.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Racquetball Play Racquetball Court 1 Sign Up	8:00AM-9:00AM (Racquetball) <i>Jerry L.</i>	8:00AM-9:00AM (Racquetball) <i>Jerry L.</i>	8:00AM-9:00AM (Racquetball) <i>Jerry L.</i>	8:00AM-9:00AM (Racquetball) <i>Jerry L.</i>	8:00AM-9:00AM (Racquetball) <i>Jerry L.</i>	8:00AM-9:00AM (Racquetball) <i>Jerry L.</i>	
	9:00AM-10:00AM (Racquetball) <i>Jerry L.</i>	9:00AM-10:00AM (Racquetball) <i>Jerry L.</i>	9:00AM-10:00AM (Racquetball) <i>Jerry L.</i>	9:00AM-10:00AM (Racquetball) <i>Jerry L.</i>	9:00AM-10:00AM (Racquetball) <i>Jerry L.</i>	9:00AM-10:00AM (Racquetball) <i>Jerry L.</i>	
	10:00AM-11:00AM (Racquetball) <i>Jerry L.</i>	10:00AM-11:00AM (Racquetball) <i>Jerry L.</i>	10:00AM-11:00AM (Racquetball) <i>Jerry L.</i>	10:00AM-11:00AM (Racquetball) <i>Jerry L.</i>	10:00AM-11:00AM (Racquetball) <i>Jerry L.</i>	10:00AM-11:00AM (Racquetball) <i>Jerry L.</i>	
	11:00AM-12:00PM (Racquetball) <i>Jerry L.</i>	11:00AM-12:00PM (Racquetball) <i>Jerry L.</i>	11:00AM-12:00PM (Racquetball) <i>Jerry L.</i>	11:00AM-12:00PM (Racquetball) <i>Jerry L.</i>	11:00AM-12:00PM (Racquetball) <i>Jerry L.</i>	11:00AM-12:00PM (Racquetball) <i>Jerry L.</i>	
	12:00PM-1:00PM (Racquetball) <i>Jerry L.</i>	12:00PM-1:00PM (Racquetball) <i>Jerry L.</i>	12:00PM-1:00PM (Racquetball) <i>Jerry L.</i>	12:00PM-1:00PM (Racquetball) <i>Jerry L.</i>	12:00PM-1:00PM (Racquetball) <i>Jerry L.</i>	12:00PM-1:00PM (Racquetball) <i>Jerry L.</i>	
	4:00PM-5:00PM (Racquetball) <i>Jerry L.</i>	4:00PM-5:00PM (Racquetball) <i>Jerry L.</i>	4:00PM-5:00PM (Racquetball) <i>Jerry L.</i>	4:00PM-5:00PM (Racquetball) <i>Jerry L.</i>			
	5:00PM-6:00PM (Racquetball) <i>Jerry L.</i>	5:00PM-6:00PM (Racquetball) <i>Jerry L.</i>	5:00PM-6:00PM (Racquetball) <i>Jerry L.</i>	5:00PM-6:00PM (Racquetball) <i>Jerry L.</i>			
	6:00PM-7:00PM (Racquetball) <i>Jerry L.</i>	6:00PM-7:00PM (Racquetball) <i>Jerry L.</i>	6:00PM-7:00PM (Racquetball) <i>Jerry L.</i>	6:00PM-7:00PM (Racquetball) <i>Jerry L.</i>			
	7:00PM-8:00PM (Racquetball) <i>Jerry L.</i>	7:00PM-8:00PM (Racquetball) <i>Jerry L.</i>	7:00PM-8:00PM (Racquetball) <i>Jerry L.</i>	7:00PM-8:00PM (Racquetball) <i>Jerry L.</i>			
	8:00PM-9:00PM (Racquetball) <i>Jerry L.</i>	8:00PM-9:00PM (Racquetball) <i>Jerry L.</i>	8:00PM-9:00PM (Racquetball) <i>Jerry L.</i>	8:00PM-9:00PM (Racquetball) <i>Jerry L.</i>			
Aqua Energizers-Deep Water Program Pool	8:00AM-8:45AM (Water Fitness) <i>April B.</i>	8:00AM-8:45AM (Water Fitness) <i>Anne</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP Group Exercise Studio 1 Sign Up	8:30AM-9:15AM (Group Exercise) <i>Elizabeth R.</i> 5:30PM-6:30PM (Group Exercise) <i>Leslie P.</i>	5:30AM-6:30AM (Group Exercise) <i>Emily</i> 10:45AM-11:30AM (Group Exercise) <i>Anna Z.</i> 4:30PM-5:15PM (Group Exercise) <i>Kaycee</i> 6:25PM-7:10PM (Group Exercise) <i>Jackie L.</i>	9:15AM-10:15AM (Group Exercise) <i>Brittney F.</i> 5:30PM-6:30PM (Group Exercise) <i>Marcia S.</i>	5:30AM-6:15AM (Group Exercise) <i>John C.</i> 10:45AM-11:45AM (Group Exercise) <i>Ashley B.</i> 4:30PM-5:15PM (Group Exercise) <i>Sarah B.</i> 6:25PM-7:10PM (Group Exercise) <i>Jackie L.</i>	9:15AM-10:15AM (Group Exercise) <i>Emily</i>	8:15AM-9:15AM (Group Exercise) <i>Patty F.</i>	3:00PM-3:45PM (Group Exercise) <i>Anna Z.</i>
Senior Strength Training Group Ex Studio 2 Sign Up	8:30AM-9:15AM (Group Exercise) <i>Kim E.</i>		8:30AM-9:15AM (Group Exercise) <i>Kim E.</i>		8:30AM-9:15AM (Group Exercise) <i>Marcia S.</i>		
RPM Cycle Studio Sign Up	9:30AM-10:15AM (Group Exercise) <i>Jennifer J.</i> 5:30PM-6:15PM (Group Exercise) <i>Chris F.</i>	5:30PM-6:15PM (Group Exercise) <i>Richard E.</i>	5:30AM-6:15AM (Group Exercise) <i>Chris F.</i>		5:30AM-6:15AM (Group Exercise) <i>John C.</i> 8:15AM-9:00AM (Group Exercise) <i>Debbie C.</i>	9:30AM-10:15AM (Group Exercise) <i>Renate V.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills BODYBALANCE Group Ex Studio 2 Sign Up	9:30AM-10:15AM (Group Exercise) <i>Elizabeth R.</i>	5:30PM-6:30PM (Group Exercise) <i>Leslie P.</i>	9:30AM-10:30AM (Group Exercise) <i>Elizabeth R.</i>	5:30PM-6:30PM (Group Exercise) <i>Mandy</i>		8:30AM-9:30AM (Group Exercise) <i>Natalie P.</i>	4:00PM-5:00PM (Group Exercise) <i>Staff</i> 4:00PM-5:00PM (Group Exercise) <i>Staff</i> 4:00PM-5:00PM (Group Exercise) <i>Staff</i> 4:00PM-5:00PM (Group Exercise) <i>Staff</i> 4:00PM-5:00PM (Group Exercise) <i>Staff</i> 4:00PM-5:00PM (Group Exercise) <i>Staff</i> 4:00PM-5:00PM (Group Exercise) <i>Staff</i> 4:00PM-5:00PM (Group Exercise) <i>Staff</i> 4:00PM-5:00PM (Group Exercise) <i>Staff</i> 4:00PM-5:00PM (Group Exercise) <i>Staff</i>
Hip Hop Group Exercise Studio 1 Sign Up	9:30AM-10:15AM (Group Exercise) <i>April B.</i>				5:45PM-6:45PM (Group Exercise) <i>Jennifer G.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit - Shallow Water Program Pool	10:15AM-11:00AM (Water Fitness) <i>Brigitte L.</i>	7:15AM-8:00AM (Water Fitness) <i>Anne</i>	10:15AM-11:00AM (Water Fitness) <i>Brigitte L.</i>		10:15AM-11:00AM (Water Fitness) <i>Brigitte L.</i>		
Total Body Sculpt Group Exercise Studio 1 Sign Up	10:20AM-11:05AM (Group Exercise) <i>April B.</i>						
Silver Sneakers EnerChi Group Ex Studio 2 Sign Up	10:30AM-11:00AM (Group Exercise) <i>Michelle S.</i>				10:30AM-11:00AM (Group Exercise) <i>Michelle S.</i>		
SilverSneakers Classic Group Ex Studio 2 Sign Up	11:15AM-12:00PM (Group Exercise) <i>Jennifer J.</i>		12:15PM-1:00PM (Group Exercise) <i>Meaghan C.</i>				
Strength & Stretch - Shallow Program Pool	11:15AM-12:00PM (Water Fitness) <i>Judy A.</i>	11:00AM-11:45AM (Water Fitness) <i>Maria E.</i>	11:15AM-12:00PM (Water Fitness) <i>Judy A.</i>	11:00AM-11:45AM (Water Fitness) <i>Maria E.</i>	11:15AM-12:00PM (Water Fitness) <i>Judy A.</i>		
SilverSneakers Yoga Group Ex Studio 2 Sign Up	12:15PM-1:00PM (Group Exercise) <i>Michelle S.</i> 1:15PM-2:00PM (Group Exercise) <i>Kim E.</i>	1:15PM-2:00PM (Group Exercise) <i>Neal</i>	11:15AM-12:00PM (Group Exercise) <i>Neal</i>	1:15PM-2:00PM (Group Exercise) <i>Kim E.</i>	12:15PM-1:00PM (Group Exercise) <i>Neal</i>		
Yoga Group Ex Studio 2 Sign Up	4:30PM-5:30PM (Group Exercise) <i>Michelle S.</i>	8:30AM-9:15AM (Group Exercise) <i>Michelle S.</i>	4:30PM-5:30PM (Group Exercise) <i>Michelle S.</i>			10:45AM-11:45AM (Group Exercise) <i>Michelle S.</i>	4:00PM-5:00PM (Group Exercise) <i>Neal</i>
ZUMBA Group Ex Studio 2 Sign Up	5:45PM-6:45PM (Group Exercise) <i>Marina F.</i>		6:55PM-7:55PM (Group Exercise) <i>Jennifer G.</i>				
Aqua HIIT - Shallow Water Program Pool	7:15PM-8:00PM (Water Fitness) <i>Natasha L.</i>		9:15AM-10:00AM (Water Fitness) <i>April B.</i>	8:00AM-8:45AM (Water Fitness) <i>April B.</i>	8:00AM-8:45AM (Water Fitness) <i>April B.</i>		
Joy Riders Cycle Cycle Studio Sign Up		8:30AM-9:15AM (Group Exercise) <i>Jennifer J.</i>		8:30AM-9:15AM (Group Exercise) <i>Jennifer J.</i>			
Pilates Group Ex Studio 2 Sign Up		9:30AM-10:30AM (Group Exercise) <i>Colette G.</i>		9:30AM-10:30AM (Group Exercise) <i>Colette G.</i>		9:40AM-10:30AM (Group Exercise) <i>Colette G.</i>	
Hip Hop Cycle Cycle Studio Sign Up		9:30AM-10:15AM (Group Exercise) <i>Jennifer J.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYCOMBAT Group Exercise Studio 1 Sign Up		9:30AM-10:30AM (Group Exercise) <i>Karen</i>		9:30AM-10:30AM (Group Exercise) <i>Brittney F.</i> 5:30PM-6:15PM (Group Exercise) <i>Malinda</i>			2:00PM-2:45PM (Group Exercise) <i>Sarah M.</i>
Aqua Basics - Shallow Water Program Pool		10:15AM-11:00AM (Water Fitness) <i>Maria E.</i>		10:15AM-11:00AM (Water Fitness) <i>Maria E.</i>			
ZUMBA GOLD Group Ex Studio 2 Sign Up		10:45AM-11:30AM (Group Exercise) <i>Celeste J.</i>		10:45AM-11:30AM (Group Exercise) <i>Kim E.</i>			
SilverSneakers Circuit Group Ex Studio 2 Sign Up		12:15PM-1:00PM (Group Exercise) <i>Meaghan C.</i>		12:15PM-1:00PM (Group Exercise) <i>Laura D.</i>	11:15AM-12:00PM (Group Exercise) <i>Celeste J.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYATTACK Group Exercise Studio 1 Sign Up		5:30PM-6:15PM (Group Exercise) Kaycee				9:25AM-10:10AM (Group Exercise) Kaycee	2:00PM-2:45PM (Group Exercise) Staff 2:00PM-2:45PM (Group Exercise) Staff 2:00PM-2:45PM (Group Exercise) Staff 2:00PM-2:45PM (Group Exercise) Staff 2:00PM-2:45PM (Group Exercise) Staff 2:00PM-2:45PM (Group Exercise) Staff 2:00PM-2:45PM (Group Exercise) Staff 2:00PM-2:45PM (Group Exercise) Staff 2:00PM-2:45PM (Group Exercise) Staff 2:00PM-2:45PM (Group Exercise) Staff
Cardio Fusion Group Exercise Studio 1 Sign Up			8:15AM-9:00AM (Group Exercise) April B.		8:15AM-9:00AM (Group Exercise) Celeste J.		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ZUMBA Group Exercise Studio 1 Sign Up			10:30AM-11:30AM (Group Exercise) <i>Cynthia C.</i>				
MixedFit Group Ex Studio 2 Sign Up			5:45PM-6:45PM (Group Exercise) <i>Jennifer I.</i>				
RPM Cycle Sign Up				9:30AM-10:15AM (Group Exercise) <i>Richard E.</i> 5:30PM-6:15PM (Group Exercise) <i>Sarah V.</i>			
Cardio Dance Party Group Ex Studio 2 Sign Up					9:30AM-10:15AM (Group Exercise) <i>April B.</i>		



Kernersville Family YMCA | May 4th - May 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP Group Exercise Studio Sign Up	5:30AM-6:30AM (Group Exercise) <i>Leonia F.</i> 9:30AM-10:30AM (Group Exercise) <i>Christin H.</i> 6:45PM-7:45PM (Group Exercise) <i>Keri E.</i>	8:30AM-9:00AM (Group Exercise) <i>Michelle B.</i>	6:45PM-7:45PM (Group Exercise) <i>Angel T.</i>	5:45AM-6:30AM (Group Exercise) <i>Leonia F.</i> 8:30AM-9:00AM (Group Exercise) <i>Michelle B.</i>	7:00AM-7:45AM (Group Exercise) <i>Michelle B.</i>	8:30AM-9:30AM (Group Exercise) <i>Leonia F.</i>	
Aquafit - Shallow Water Program Pool	7:00AM-7:45AM (Water Fitness) <i>Staff</i> 8:00AM-8:45AM (Water Fitness) <i>Staff</i> 9:00AM-9:45AM (Water Fitness) <i>Staff</i> 10:00AM-10:45AM (Water Fitness) <i>Staff</i>	8:00AM-8:45AM (Water Fitness) <i>Staff</i>	7:00AM-7:45AM (Water Fitness) <i>Staff</i> 8:00AM-8:45AM (Water Fitness) <i>Staff</i> 9:00AM-9:45AM (Water Fitness) <i>Staff</i> 10:00AM-10:45AM (Water Fitness) <i>Staff</i>		7:00AM-7:45AM (Water Fitness) <i>Staff</i> 8:00AM-8:45AM (Water Fitness) <i>Staff</i> 9:00AM-9:45AM (Water Fitness) <i>Staff</i> 10:00AM-10:45AM (Water Fitness) <i>Staff</i>	8:05AM-8:50AM (Water Fitness) <i>Staff</i>	
SPRINT Cycle Studio Sign Up	8:30AM-9:00AM (Group Exercise) <i>Sabrina L.</i>				8:30AM-9:00AM (Group Exercise) <i>Emilee M.</i>	9:45AM-10:15AM (Group Exercise) <i>Kimberly B.</i>	
CANCELED: Slow Flow Yoga Mind Body Studio Sign Up	9:30AM-10:30AM (Group Exercise) <i>Julie C.</i>						
Senior Fit-Cardio South Gym	10:45AM-11:30AM (Group Exercise) <i>Angela T.</i>		10:45AM-11:30AM (Group Exercise) <i>Angela T.</i>				
Strength & Stretch - Shallow Program Pool	11:00AM-11:45AM (Water Fitness) <i>Staff</i>		11:00AM-11:45AM (Water Fitness) <i>Staff</i>		11:00AM-11:45AM (Water Fitness) <i>Staff</i>		
Line Dancing Group Exercise Studio Sign Up	11:40AM-12:25PM (Group Exercise) <i>Angela T.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Racquetball Play Court 1 Sign Up	4:00PM-5:00PM (Racquetball) <i>Staff</i>	4:00PM-5:00PM (Racquetball) <i>Staff</i>	4:00PM-5:00PM (Racquetball) <i>Staff</i>	4:00PM-5:00PM (Racquetball) <i>Staff</i>	4:00PM-5:00PM (Racquetball) <i>Staff</i>	8:00AM-9:00AM (Racquetball) <i>Staff</i>	1:00PM-2:00PM (Racquetball) <i>Staff</i>
	5:00PM-6:00PM (Racquetball) <i>Staff</i>	5:00PM-6:00PM (Racquetball) <i>Staff</i>	5:00PM-6:00PM (Racquetball) <i>Staff</i>	5:00PM-6:00PM (Racquetball) <i>Staff</i>	5:00PM-6:00PM (Racquetball) <i>Staff</i>	9:00AM-10:00AM (Racquetball) <i>Staff</i>	2:00PM-3:00PM (Racquetball) <i>Staff</i>
	6:00PM-7:00PM (Racquetball) <i>Staff</i>	6:00PM-7:00PM (Racquetball) <i>Staff</i>	6:00PM-7:00PM (Racquetball) <i>Staff</i>	6:00PM-7:00PM (Racquetball) <i>Staff</i>	6:00PM-7:00PM (Racquetball) <i>Staff</i>	10:00AM-11:00AM (Racquetball) <i>Staff</i>	3:00PM-4:00PM (Racquetball) <i>Staff</i>
	7:00PM-8:00PM (Racquetball) <i>Staff</i>	7:00PM-8:00PM (Racquetball) <i>Staff</i>	7:00PM-8:00PM (Racquetball) <i>Staff</i>	7:00PM-8:00PM (Racquetball) <i>Staff</i>		11:00AM-12:00PM (Racquetball) <i>Staff</i>	4:00PM-5:00PM (Racquetball) <i>Staff</i>
						12:00PM-1:00PM (Racquetball) <i>Staff</i>	5:00PM-6:00PM (Racquetball) <i>Staff</i>
Racquetball Play Court 2 Sign Up	4:00PM-5:00PM (Racquetball) <i>Staff</i>	4:00PM-5:00PM (Racquetball) <i>Staff</i>	4:00PM-5:00PM (Racquetball) <i>Staff</i>	4:00PM-5:00PM (Racquetball) <i>Staff</i>	4:00PM-5:00PM (Racquetball) <i>Staff</i>	8:00AM-9:00AM (Racquetball) <i>Staff</i>	1:00PM-2:00PM (Racquetball) <i>Staff</i>
	5:00PM-6:00PM (Racquetball) <i>Staff</i>	5:00PM-6:00PM (Racquetball) <i>Staff</i>	5:00PM-6:00PM (Racquetball) <i>Staff</i>	5:00PM-6:00PM (Racquetball) <i>Staff</i>	5:00PM-6:00PM (Racquetball) <i>Staff</i>	9:00AM-10:00AM (Racquetball) <i>Staff</i>	2:00PM-3:00PM (Racquetball) <i>Staff</i>
	6:00PM-7:00PM (Racquetball) <i>Staff</i>	6:00PM-7:00PM (Racquetball) <i>Staff</i>	6:00PM-7:00PM (Racquetball) <i>Staff</i>	6:00PM-7:00PM (Racquetball) <i>Staff</i>	6:00PM-7:00PM (Racquetball) <i>Staff</i>	10:00AM-11:00AM (Racquetball) <i>Staff</i>	3:00PM-4:00PM (Racquetball) <i>Staff</i>
	7:00PM-8:00PM (Racquetball) <i>Staff</i>	7:00PM-8:00PM (Racquetball) <i>Staff</i>	7:00PM-8:00PM (Racquetball) <i>Staff</i>	7:00PM-8:00PM (Racquetball) <i>Staff</i>		11:00AM-12:00PM (Racquetball) <i>Staff</i>	4:00PM-5:00PM (Racquetball) <i>Staff</i>
						12:00PM-1:00PM (Racquetball) <i>Staff</i>	5:00PM-6:00PM (Racquetball) <i>Staff</i>
Barre Group Exercise Studio Sign Up	5:45PM-6:30PM (Group Exercise) <i>Karyn L.</i>		9:30AM-10:30AM (Group Exercise) <i>Adrienne M.</i>		9:30AM-10:15AM (Group Exercise) <i>Michelle B.</i>		
Aqua HIIT - Shallow Water Program Pool	6:00PM-6:45PM (Water Fitness) <i>Staff</i>						
ZUMBA Mind Body Studio Sign Up	6:00PM-7:00PM (Group Exercise) <i>Viridiana V.</i>		6:00PM-7:00PM (Group Exercise) <i>Viridiana V.</i>				
Hip Hop Cycle Cycle Studio Sign Up	6:00PM-7:00PM (Group Exercise) <i>Teresa H.</i>		6:00PM-7:00PM (Group Exercise) <i>Ahmad J.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Mind Body Studio Sign Up		8:30AM-9:15AM (Group Exercise) <i>Adrienne M.</i>		8:30AM-9:15AM (Group Exercise) <i>Karyn L.</i>			2:30PM-3:15PM (Group Exercise) <i>Adrienne M.</i>
Les Mills CORE Group Exercise Studio Sign Up		9:00AM-9:30AM (Group Exercise) <i>Michelle B.</i>			6:00AM-6:30AM (Group Exercise) <i>Leonia F.</i>		
Cycle Cycle Studio Sign Up		9:30AM-10:15AM (Group Exercise) <i>Angela T.</i>		9:40AM-10:25AM (Group Exercise) <i>Christin H.</i>			
Les Mills BODYBALANCE Mind Body Studio Sign Up		9:30AM-10:30AM (Group Exercise) <i>Adrienne M.</i>		9:40AM-10:40AM (Group Exercise) <i>Karyn L.</i>		11:00AM-12:00PM (Group Exercise) <i>Tracy L.</i>	
Senior Fit-Cardio & Weights Group Exercise Studio		10:45AM-11:30AM (Group Exercise) <i>Angela T.</i>		10:45AM-11:30AM (Group Exercise) <i>Angela T.</i>			
Chair Yoga Mind Body Studio Sign Up		11:45AM-12:30PM (Group Exercise) <i>Adrienne M.</i>					
Barre Mind Body Studio Sign Up		4:30PM-5:15PM (Group Exercise) <i>Michelle B.</i>		4:30PM-5:15PM (Group Exercise) <i>Karyn L.</i>			
Aqua Energizers-Deep Water Program Pool		5:15PM-6:00PM (Water Fitness) <i>Staff</i>		8:00AM-8:45AM (Water Fitness) <i>Staff</i> 5:15PM-6:00PM (Water Fitness) <i>Staff</i>			
Les Mills TONE Group Exercise Studio Sign Up		5:45PM-6:30PM (Group Exercise) <i>Leonia F.</i>					
RPM Cycle Studio Sign Up		5:45PM-6:30PM (Group Exercise) <i>Amy P.</i>	8:30AM-9:15AM (Group Exercise) <i>Adrienne M.</i>			8:30AM-9:15AM (Group Exercise) <i>Keri E.</i>	
Yoga Mind Body Studio Sign Up		6:45PM-7:45PM (Group Exercise) <i>Joanne K.</i>					
SilverSneakers Classic Mind Body Studio Sign Up			9:45AM-10:30AM (Group Exercise) <i>Terri M.</i>		9:30AM-10:15AM (Group Exercise) <i>Terri M.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Qigong Flow (Chee-Kung) Mind Body Studio Sign Up			11:45AM-12:30PM (Group Exercise) <i>Evangeline H.</i>				
Les Mills CORE Mind Body Studio Sign Up			4:30PM-5:15PM (Group Exercise) <i>Michelle B.</i>				
BODYCOMBAT Group Exercise Studio Sign Up			5:45PM-6:30PM (Group Exercise) <i>Amy P.</i>			9:45AM-10:45AM (Group Exercise) <i>Amy P.</i>	
HIIT Group Exercise Studio Sign Up				9:00AM-9:30AM (Group Exercise) <i>Michelle B.</i>			
Total Body Sculpt Group Exercise Studio Sign Up				5:45PM-6:30PM (Group Exercise) <i>Joanne K.</i>			
Yoga Sculpt Group Exercise Studio Sign Up					9:30AM-10:15AM (Group Exercise) <i>Michelle B.</i>		
Senior Cardio Blast Group Exercise Studio					10:30AM-11:00AM (Group Exercise) <i>Terri M.</i>		
Gentle//Restorative Yoga Mind Body Studio Sign Up					10:45AM-11:45AM (Group Exercise) <i>Jennifer F.</i>		



Robinhood Road Family YMCA | May 4th - May 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot Yoga Sculpt Hot Yoga Studio Sign Up	5:30AM-6:30AM (Group Exercise) <i>Fontaine G.</i>	6:00PM-6:45PM (Group Exercise) <i>Rebekah J.</i>	4:30PM-5:15PM (Group Exercise) <i>Sandra N.</i> 7:15PM-8:00PM (Group Exercise) <i>Sandra N.</i>	5:30AM-6:30AM (Group Exercise) <i>Fontaine G.</i> 8:15AM-9:00AM (Group Exercise) <i>Sheila G.</i>	7:00PM-7:45PM (Group Exercise) <i>Karen S.</i>	9:30AM-10:15AM (Group Exercise) <i>Rebekah J.</i>	
Metabolic Effect Mind Body Studio Sign Up	5:30AM-6:15AM (Group Exercise) <i>Aaron W.</i>						
BODYCOMBAT Group Exercise Studio Sign Up	5:30AM-6:15AM (Group Exercise) <i>Mary E.</i> 9:45AM-10:30AM (Group Exercise) <i>Emily E.</i> 5:30PM-6:30PM (Group Exercise) <i>Carolyn K.</i>		8:30AM-9:30AM (Group Exercise) <i>Beth C.</i>		5:30AM-6:30AM (Group Exercise) <i>Chris F.</i>	9:45AM-10:45AM (Group Exercise) <i>Carolyn K.</i>	
SPRINT Cycle Studio Sign Up	6:00AM-6:30AM (Group Exercise) <i>Aaron B.</i>	8:30AM-9:00AM (Group Exercise) <i>Ana W.</i> 12:00PM-12:30PM (Group Exercise) <i>Chris F.</i>	6:00AM-6:30AM (Group Exercise) <i>Erik B.</i> 6:00PM-6:30PM (Group Exercise) <i>Debbie C.</i>	8:30AM-9:00AM (Group Exercise) <i>Ana W.</i> 12:00PM-12:30PM (Group Exercise) <i>Chris F.</i>	6:00AM-6:30AM (Group Exercise) <i>Aaron W.</i>	9:45AM-10:15AM (Group Exercise) <i>Rachel M.</i>	
Hot Flow Hot Yoga Studio Sign Up	7:00AM-8:00AM (Group Exercise) <i>Rachel W.</i> 4:30PM-5:30PM (Group Exercise) <i>Hayden T.</i>	9:15AM-10:15AM (Group Exercise) <i>Lauren S.</i> 4:30PM-5:30PM (Group Exercise) <i>Gail W.</i>	5:30AM-6:30AM (Group Exercise) <i>Fontaine G.</i> 8:15AM-9:15AM (Group Exercise) <i>Sheila G.</i>	5:30AM-6:30AM (Group Exercise) <i>Fontaine G.</i> 4:30PM-5:30PM (Group Exercise) <i>Kriss D.</i> 6:00PM-7:00PM (Group Exercise) <i>Candice W.</i>	5:30AM-6:30AM (Group Exercise) <i>Fontaine G.</i>	8:15AM-9:15AM (Group Exercise) <i>Fontaine G.</i>	2:15PM-3:15PM (Group Exercise) <i>Candice W.</i>
Senior Strength Training Mind Body Studio Sign Up	8:15AM-9:00AM (Group Exercise) <i>Kim B.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot Power Flow Hot Yoga Studio Sign Up	8:15AM-9:15AM (Group Exercise) <i>Rachel W.</i> 6:00PM-7:00PM (Group Exercise) <i>Sandra N.</i>	7:00AM-8:00AM (Group Exercise) <i>Rachel W.</i> 8:15AM-9:00AM (Group Exercise) <i>Audra G.</i>	7:00AM-8:00AM (Group Exercise) <i>Rachel W.</i> 12:00PM-1:00PM (Group Exercise) <i>Jarrius L.</i> 6:00PM-7:00PM (Group Exercise) <i>Jennifer B.</i>	9:15AM-10:15AM (Group Exercise) <i>Jennifer B.</i>	7:00AM-8:00AM (Group Exercise) <i>Sandra N.</i> 5:45PM-6:45PM (Group Exercise) <i>Avery C.</i>		
Cycle Cycle Studio Sign Up	8:30AM-9:15AM (Group Exercise) <i>George H.</i>			5:30PM-6:20PM (Group Exercise) <i>Gina O.</i>	8:30AM-9:15AM (Group Exercise) <i>George H.</i>		
BODYPUMP Group Exercise Studio Sign Up	8:30AM-9:30AM (Group Exercise) <i>Kristin K.</i> 6:40PM-7:40PM (Group Exercise) <i>Susanna G.</i>	5:30AM-6:15AM (Group Exercise) <i>Wendi K.</i> 5:30PM-6:30PM (Group Exercise) <i>Jennifer B.</i>	12:00PM-12:45PM (Group Exercise) <i>Emily E.</i> 6:30PM-7:15PM (Group Exercise) <i>Jessica S.</i>	5:30AM-6:15AM (Group Exercise) <i>Blake S.</i> 5:30PM-6:15PM (Group Exercise) <i>Kim B.</i>	9:30AM-10:30AM (Group Exercise) <i>Beth C.</i>	8:30AM-9:30AM (Group Exercise) <i>Candice W.</i>	1:30PM-2:30PM (Group Exercise) <i>Tim B.</i>
Yoga Mind Body Studio Sign Up	9:15AM-10:15AM (Group Exercise) <i>Kathy T.</i>						
Warm Yoga Sculpt Hot Yoga Studio Sign Up	9:30AM-10:15AM (Group Exercise) <i>Lauren S.</i>						
Pilates Group Exercise Studio Sign Up	10:45AM-11:45AM (Group Exercise) <i>Colette G.</i>		10:45AM-11:45AM (Group Exercise) <i>Colette G.</i>		10:45AM-11:45AM (Group Exercise) <i>Colette G.</i>		
SilverSneakers Classic Mind Body Studio Sign Up	10:45AM-11:30AM (Group Exercise) <i>Kim B.</i>		10:45AM-11:30AM (Group Exercise) <i>Kim B.</i>				
Warm Flow Express Hot Yoga Studio Sign Up	10:45AM-11:30AM (Group Exercise) <i>Cecile Y.</i>						
Silver Sneakers EnerChi Mind Body Studio Sign Up	11:45AM-12:30PM (Group Exercise) <i>Cecile Y.</i>						
Metabolic Effect Group Exercise Studio Sign Up	12:00PM-12:30PM (Group Exercise) <i>Beth F.</i>	8:30AM-9:15AM (Group Exercise) <i>Beth F.</i>	5:30AM-6:15AM (Group Exercise) <i>Beth F.</i>	9:30AM-10:15AM (Group Exercise) <i>Sara R.</i>	8:30AM-9:15AM (Group Exercise) <i>Sara R.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot Pilates Hot Yoga Studio Sign Up	12:00PM-1:00PM (Group Exercise) Karen S.	12:00PM-12:45PM (Group Exercise) Karen S. 7:00PM-8:00PM (Group Exercise) Sandra N.			8:15AM-9:15AM (Group Exercise) Sandra N.	12:00PM-1:00PM (Group Exercise) Avery C.	
Les Mills BODYBALANCE Mind Body Studio Sign Up	5:30PM-6:30PM (Group Exercise) Mary H.			4:30PM-5:15PM (Group Exercise) April G.		10:15AM-11:15AM (Group Exercise) Candice W.	3:45PM-4:45PM (Group Exercise) Mary H.
RPM Cycle Studio Sign Up	6:00PM-6:50PM (Group Exercise) Gina O.		9:30AM-10:25AM (Group Exercise) VIRTUAL			9:45AM-10:35AM (Group Exercise) Billy C.	1:00PM-1:50PM (Group Exercise) Gina O.
BODYJAM Mind Body Studio Sign Up	6:40PM-7:25PM (Group Exercise) Jennifer B.						
Gentle//Restorative Yoga Hot Yoga Studio Sign Up	7:20PM-8:20PM (Group Exercise) Angie J.			7:20PM-8:20PM (Group Exercise) Candice W.	11:00AM-12:00PM (Group Exercise) Angie J.		1:00PM-2:00PM (Group Exercise) Candice W.
Pilates Mind Body Studio Sign Up		5:30AM-6:15AM (Group Exercise) Barbara P.					
Hot Yoga Postures Hot Yoga Studio Sign Up		5:30AM-6:30AM (Group Exercise) Tracy O.	9:45AM-10:45AM (Group Exercise) Brooke S.			10:30AM-11:45AM (Group Exercise) Fontaine G.	3:30PM-4:30PM (Group Exercise) Fontaine G.
VERSUS Cycle Cycle Studio Sign Up		6:00AM-6:45AM (Group Exercise) VIRTUAL					
Alignment Based Yoga Mind Body Studio Sign Up		9:15AM-10:15AM (Group Exercise) Tracy O.	9:15AM-10:15AM (Group Exercise) Gail W.	9:15AM-10:15AM (Group Exercise) Kriss D.			
Les Mills BODYBALANCE Group Exercise Studio Sign Up		9:30AM-10:30AM (Group Exercise) Beth C.					
ZUMBA Group Exercise Studio Sign Up		10:45AM-11:30AM (Group Exercise) Amalia N.		10:30AM-11:15AM (Group Exercise) Sandra K. 4:30PM-5:15PM (Group Exercise) Amalia N.	12:00PM-12:45PM (Group Exercise) Cynthia C.		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm Flow Hot Yoga Studio Sign Up		10:45AM-11:45AM (Group Exercise) <i>Kriss D.</i>			9:45AM-10:45AM (Group Exercise) <i>Angie J.</i>		
SilverSneakers Yoga Mind Body Studio Sign Up		10:45AM-11:30AM (Group Exercise) <i>Melody S.</i>		10:45AM-11:30AM (Group Exercise) <i>Kim B.</i>			
SilverSneakers Circuit Mind Body Studio Sign Up		12:30PM-1:15PM (Group Exercise) <i>Lara P.</i>		12:30PM-1:15PM (Group Exercise) <i>Lara P.</i>	10:45AM-11:30AM (Group Exercise) <i>Cynthia C.</i>		
Les Mills CORE Mind Body Studio Sign Up		5:30PM-6:15PM (Group Exercise) <i>Carolyn K.</i>			5:30AM-6:15AM (Group Exercise) <i>Wendi K.</i>		
Hip Hop Cycle Cycle Studio Sign Up		6:15PM-7:05PM (Group Exercise) <i>Aisha W.</i>		5:30AM-6:20AM (Group Exercise) <i>Ahmad J.</i>		8:30AM-9:20AM (Group Exercise) <i>Teresa H.</i>	
Gentle//Restorative Yoga Mind Body Studio Sign Up		6:30PM-7:30PM (Group Exercise) <i>Audra G.</i>					
MixedFit Group Exercise Studio Sign Up		6:45PM-7:45PM (Group Exercise) <i>Jennifer I.</i>					
Hot Alignment Based Yoga Hot Yoga Studio Sign Up			9:45AM-10:45AM (Group Exercise) <i>Laura M.</i>	12:00PM-12:45PM (Group Exercise) <i>Luis U.</i>			
Senior Strength Training Group Exercise Studio Sign Up			9:45AM-10:30AM (Group Exercise) <i>Kim B.</i>				
CANCELED: Gentle//Restorative Yoga Hot Yoga Studio Sign Up			11:00AM-11:45AM (Group Exercise) <i>Brooke S.</i>				
CANCELED: Silver Sneakers EnerChi Mind Body Studio Sign Up			11:45AM-12:30PM (Group Exercise) <i>Colleen B.</i>				
Les Mills DANCE Group Exercise Studio Sign Up			5:30PM-6:15PM (Group Exercise) <i>Carolyn K.</i>			11:00AM-11:45AM (Group Exercise) <i>Joyce J.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills TONE Mind Body Studio Sign Up				5:30AM-6:15AM (Group Exercise) <i>Aaron W.</i>			
Les Mills CORE Group Exercise Studio Sign Up				8:30AM-9:15AM (Group Exercise) <i>Beth C.</i>			2:45PM-3:15PM (Group Exercise) <i>Evelyn C.</i>
Cardio Barre Mind Body Studio Sign Up				5:30PM-6:15PM (Group Exercise) <i>Mary B.</i>		9:00AM-10:00AM (Group Exercise) <i>Laura W.</i>	
Yin Yoga Mind Body Studio Sign Up					8:15AM-9:15AM (Group Exercise) <i>Kathy T.</i>		
Flow Yoga Mind Body Studio Sign Up					9:30AM-10:30AM (Group Exercise) <i>Lauren S.</i>		
Hot Pilates Group Exercise Studio Sign Up					4:30PM-5:30PM (Group Exercise) <i>Sandra N.</i>		
Rhythm Ride Cycle Studio Sign Up						8:30AM-9:30AM (Group Exercise) <i>Michael P.</i>	
BODYATTACK Group Exercise Studio Sign Up						9:45AM-10:45AM (Group Exercise) <i>Bruce</i>	
Les Mills TONE Group Exercise Studio Sign Up							2:45PM-3:30PM (Group Exercise) <i>Blake S.</i>



Stokes Family YMCA | May 4th - May 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Group Ex Studio 2 Sign Up	5:30AM-6:15AM (Group Exercise) <i>Nathan K.</i> 8:30AM-9:15AM (Group Exercise) <i>Renee S.</i>		5:30AM-6:15AM (Group Exercise) <i>Nathan K.</i> 8:30AM-9:15AM (Group Exercise) <i>Michelle B.</i>	6:00PM-6:45PM (Group Exercise) <i>Nathan K.</i>	5:30AM-6:00AM (Group Exercise) <i>Nathan K.</i> 8:30AM-9:15AM (Group Exercise) <i>Terra L.</i>	9:45AM-10:30AM (Group Exercise) <i>Cindy G.</i>	
Yoga Group Exercise Studio 1 Sign Up	6:25AM-7:00AM (Group Exercise) <i>Renee S.</i> 7:00PM-7:45PM (Group Exercise) <i>Allison S.</i>	9:45AM-10:45AM (Group Exercise) <i>Julia S.</i>	6:25AM-7:00AM (Group Exercise) <i>Renee S.</i> 5:15PM-6:00PM (Group Exercise) <i>Jill T.</i>				
ZUMBA Group Ex Studio 2 Sign Up	9:30AM-10:30AM (Group Exercise) <i>Tiffany B.</i>						
CANCELED: Vinyasa Yoga Group Exercise Studio 1 Sign Up	9:30AM-10:30AM (Group Exercise) <i>Olivia C.</i>						
Aquafit - Shallow Water Lap Lane	10:30AM-11:15AM (Water Fitness) <i>Gerry B.</i>	11:15AM-12:00PM (Water Fitness) <i>Laurel J.</i>	10:30AM-11:15AM (Water Fitness) <i>Gerry B.</i>	11:15AM-12:00PM (Water Fitness) <i>Staff</i>	10:30AM-11:15AM (Water Fitness) <i>Gerry B.</i>		
SilverSneakers Classic Group Ex Studio 2 Sign Up	11:00AM-11:45AM (Group Exercise) <i>Bette M.</i>		11:00AM-11:45AM (Group Exercise) <i>Bette M.</i>				
BODYPUMP Group Ex Studio 2 Sign Up	6:00PM-7:00PM (Group Exercise) <i>Sarah W.</i>	5:30AM-6:30AM (Group Exercise) <i>Amanda M.</i> 8:30AM-9:15AM (Group Exercise) <i>Sarah W.</i>	6:00PM-7:00PM (Group Exercise) <i>Martha G.</i>	5:30AM-6:15AM (Group Exercise) <i>Amanda M.</i> 8:30AM-9:15AM (Group Exercise) <i>Sarah W.</i>		8:30AM-9:30AM (Group Exercise) <i>Sarah W.</i>	
Tai Chi Group Exercise Studio 1 Sign Up		8:45AM-9:30AM (Group Exercise) <i>Julia S.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT Group Ex Studio 2 Sign Up		9:20AM-9:50AM (Group Exercise) <i>Sarah W.</i>					
Deep Water Extreme-Deep Water Lap Lane		10:00AM-10:45AM (Water Fitness) <i>Tammy T.</i>		10:00AM-10:45AM (Water Fitness) <i>Tammy T.</i>			
Cardio Fit Group Ex Studio 2 Sign Up		10:00AM-10:45AM (Group Exercise) <i>Renee S.</i>		10:05AM-10:50AM (Group Exercise) <i>Renee S.</i>			
Water Athletics - Deep Water		5:30PM-6:15PM (Water Fitness) <i>Barbara W.</i>		5:30PM-6:15PM (Water Fitness) <i>Barbara W.</i>			
Pilates Group Exercise Studio 1 Sign Up		6:00PM-6:45PM (Group Exercise) <i>Jill T.</i>					
SPRINT Group Ex Studio 2 Sign Up		6:00PM-6:45PM (Group Exercise) <i>Cindy G.</i>					
ZUMBA Group Exercise Studio 1 Sign Up			9:30AM-10:30AM (Group Exercise) <i>Tiffany B.</i>				
Les Mills CORE Group Ex Studio 2 Sign Up			9:30AM-10:00AM (Group Exercise) <i>Michelle B.</i>		9:30AM-10:00AM (Group Exercise) <i>Terra L.</i>		
Hi/Lo Group Exercise Studio 1 Sign Up			10:40AM-11:25AM (Group Exercise) <i>Tiffany B.</i>				
BODYPUMP North Gym Sign Up			6:00PM-7:00PM (Group Exercise) <i>Martha G.</i>	5:30AM-6:15AM (Group Exercise) <i>Amanda M.</i> 8:30AM-9:15AM (Group Exercise) <i>Sarah W.</i>			
Les Mills BODYBALANCE Group Exercise Studio 1 Sign Up			7:00PM-7:45PM (Group Exercise) <i>Allison S.</i>			9:45AM-10:45AM (Group Exercise) <i>Sarah W.</i>	
BODYCOMBAT Group Ex Studio 2 Sign Up				9:25AM-9:55AM (Group Exercise) <i>Sarah W.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYCOMBAT North Gym Sign Up				9:25AM-9:55AM (Group Exercise) <i>Sarah W.</i>			
Gentle//Restorative Yoga Group Exercise Studio 1 Sign Up				11:10AM-11:55AM (Group Exercise) <i>Renee S.</i>	10:30AM-11:30AM (Group Exercise) <i>Julie C.</i>		
Barre Group Exercise Studio 1 Sign Up				6:00PM-6:45PM (Group Exercise) <i>Cheyenne D.</i>			
Slow Flow Yoga Group Exercise Studio 1 Sign Up					9:00AM-10:00AM (Group Exercise) <i>Julie C.</i>		



William G. White, Jr. Family YMCA | May 4th - May 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT Group Exercise Studio Sign Up	5:45AM-6:15AM (Group Exercise) Kelly B.			9:45AM-10:30AM (Group Exercise) Emily E.	5:45AM-6:15AM (Group Exercise) Kelly B.		
Cycle Cycle Studio Sign Up	6:00AM-6:50AM (Group Exercise) Jocelyn M.	8:30AM-9:15AM (Group Exercise) Jennifer L.				8:30AM-9:25AM (Group Exercise) Randy L.	
Aquafit - Shallow Water Shallow - Program Pool	7:45AM-8:30AM (Water Fitness) Anastasia M.		7:45AM-8:30AM (Water Fitness) Anastasia M.	7:45AM-8:30AM (Water Fitness) Anastasia M.	7:45AM-8:30AM (Water Fitness) Anastasia M.		
Les Mills TONE Group Exercise Studio Sign Up	8:15AM-9:00AM (Group Exercise) Blake S.						
Les Mills CORE Group Exercise Studio Sign Up	8:15AM-9:00AM (Group Exercise) Debbie C.		5:45AM-6:30AM (Group Exercise) Wendi K.		9:25AM-9:55AM (Group Exercise) Emily E.		
Les Mills BODYBALANCE Yoga and Stretch Studio Sign Up	8:30AM-9:30AM (Group Exercise) Lindsay A.						
Aqua Energizers- Deep Water Lap Lane*	8:45AM-9:30AM (Water Fitness) Wendy V.	12:45PM-1:30PM (Water Fitness) Samuel M.					
ZUMBA Group Exercise Studio Sign Up	9:30AM-10:30AM (Group Exercise) Cynthia C.	6:40PM-7:40PM (Group Exercise) Tawanda F.	9:30AM-10:30AM (Group Exercise) Staff	6:40PM-7:40PM (Group Exercise) Tawanda F.		10:30AM-11:30AM (Group Exercise) Tawanda F.	
Alignment Based Yoga Yoga and Stretch Studio Sign Up	10:00AM-11:00AM (Group Exercise) Laura M.			10:45AM-11:45AM (Group Exercise) Ryan P. 12:00PM-1:00PM (Group Exercise) Ryan P. 4:30PM-5:30PM (Group Exercise) Wendy E.	9:00AM-10:00AM (Group Exercise) Laura M.		
SilverSneakers Circuit Group Exercise Studio Sign Up	10:45AM-11:30AM (Group Exercise) Joyce J.						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength & Stretch - Shallow Shallow - Program Pool	11:00AM-11:45AM (Water Fitness) <i>Joy R.</i>						
Racquetball Play Racquetball Court 1 Sign Up	12:00PM-1:00PM (Racquetball) <i>Staff</i>	12:00PM-1:00PM (Racquetball) <i>Staff</i>	12:00PM-1:00PM (Racquetball) <i>Staff</i>	12:00PM-1:00PM (Racquetball) <i>Staff</i>	12:00PM-1:00PM (Racquetball) <i>Staff</i>	7:00AM-8:00AM (Racquetball) <i>Staff</i>	12:00PM-1:00PM (Racquetball) <i>Staff</i>
	1:00PM-2:00PM (Racquetball) <i>Staff</i>	1:00PM-2:00PM (Racquetball) <i>Staff</i>	1:00PM-2:00PM (Racquetball) <i>Staff</i>	1:00PM-2:00PM (Racquetball) <i>Staff</i>	1:00PM-2:00PM (Racquetball) <i>Staff</i>	8:00AM-9:00AM (Racquetball) <i>Staff</i>	1:00PM-2:00PM (Racquetball) <i>Staff</i>
	2:00PM-3:00PM (Racquetball) <i>Staff</i>	2:00PM-3:00PM (Racquetball) <i>Staff</i>	2:00PM-3:00PM (Racquetball) <i>Staff</i>	2:00PM-3:00PM (Racquetball) <i>Staff</i>	2:00PM-3:00PM (Racquetball) <i>Staff</i>	9:00AM-10:00AM (Racquetball) <i>Staff</i>	2:00PM-3:00PM (Racquetball) <i>Staff</i>
	3:00PM-4:00PM (Racquetball) <i>Staff</i>	3:00PM-4:00PM (Racquetball) <i>Staff</i>	3:00PM-4:00PM (Racquetball) <i>Staff</i>	3:00PM-4:00PM (Racquetball) <i>Staff</i>	3:00PM-4:00PM (Racquetball) <i>Staff</i>	10:00AM-11:00AM (Racquetball) <i>Staff</i>	3:00PM-4:00PM (Racquetball) <i>Staff</i>
	4:00PM-5:00PM (Racquetball) <i>Staff</i>	4:00PM-5:00PM (Racquetball) <i>Staff</i>	4:00PM-5:00PM (Racquetball) <i>Staff</i>	4:00PM-5:00PM (Racquetball) <i>Staff</i>	4:00PM-5:00PM (Racquetball) <i>Staff</i>	11:00AM-12:00PM (Racquetball) <i>Staff</i>	4:00PM-5:00PM (Racquetball) <i>Staff</i>
	5:00PM-6:00PM (Racquetball) <i>Staff</i>	5:00PM-6:00PM (Racquetball) <i>Staff</i>	5:00PM-6:00PM (Racquetball) <i>Staff</i>	5:00PM-6:00PM (Racquetball) <i>Staff</i>	5:00PM-6:00PM (Racquetball) <i>Staff</i>	12:00PM-1:00PM (Racquetball) <i>Staff</i>	
	6:00PM-7:00PM (Racquetball) <i>Staff</i>	6:00PM-7:00PM (Racquetball) <i>Staff</i>	6:00PM-7:00PM (Racquetball) <i>Staff</i>	6:00PM-7:00PM (Racquetball) <i>Staff</i>	6:00PM-7:00PM (Racquetball) <i>Staff</i>	1:00PM-2:00PM (Racquetball) <i>Staff</i>	
	7:00PM-8:00PM (Racquetball) <i>Staff</i>	7:00PM-8:00PM (Racquetball) <i>Staff</i>	7:00PM-8:00PM (Racquetball) <i>Staff</i>	7:00PM-8:00PM (Racquetball) <i>Staff</i>	7:00PM-8:00PM (Racquetball) <i>Staff</i>	2:00PM-3:00PM (Racquetball) <i>Staff</i>	
	8:00PM-9:00PM (Racquetball) <i>Staff</i>	8:00PM-9:00PM (Racquetball) <i>Staff</i>	8:00PM-9:00PM (Racquetball) <i>Staff</i>	8:00PM-9:00PM (Racquetball) <i>Staff</i>		3:00PM-4:00PM (Racquetball) <i>Staff</i>	
						4:00PM-5:00PM (Racquetball) <i>Staff</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Racquetball Play Racquetball Court 2 Sign Up	12:00PM-1:00PM (Racquetball) <i>Staff</i>	12:00PM-1:00PM (Racquetball) <i>Staff</i>	12:00PM-1:00PM (Racquetball) <i>Staff</i>	12:00PM-1:00PM (Racquetball) <i>Staff</i>	12:00PM-1:00PM (Racquetball) <i>Staff</i>	7:00AM-8:00AM (Racquetball) <i>Staff</i>	12:00PM-1:00PM (Racquetball) <i>Staff</i>
	1:00PM-2:00PM (Racquetball) <i>Staff</i>	1:00PM-2:00PM (Racquetball) <i>Staff</i>	1:00PM-2:00PM (Racquetball) <i>Staff</i>	1:00PM-2:00PM (Racquetball) <i>Staff</i>	1:00PM-2:00PM (Racquetball) <i>Staff</i>	8:00AM-9:00AM (Racquetball) <i>Staff</i>	1:00PM-2:00PM (Racquetball) <i>Staff</i>
	2:00PM-3:00PM (Racquetball) <i>Staff</i>	2:00PM-3:00PM (Racquetball) <i>Staff</i>	2:00PM-3:00PM (Racquetball) <i>Staff</i>	2:00PM-3:00PM (Racquetball) <i>Staff</i>	2:00PM-3:00PM (Racquetball) <i>Staff</i>	9:00AM-10:00AM (Racquetball) <i>Staff</i>	2:00PM-3:00PM (Racquetball) <i>Staff</i>
	3:00PM-4:00PM (Racquetball) <i>Staff</i>	3:00PM-4:00PM (Racquetball) <i>Staff</i>	3:00PM-4:00PM (Racquetball) <i>Staff</i>	3:00PM-4:00PM (Racquetball) <i>Staff</i>	3:00PM-4:00PM (Racquetball) <i>Staff</i>	10:00AM-11:00AM (Racquetball) <i>Staff</i>	3:00PM-4:00PM (Racquetball) <i>Staff</i>
	4:00PM-5:00PM (Racquetball) <i>Staff</i>	4:00PM-5:00PM (Racquetball) <i>Staff</i>	4:00PM-5:00PM (Racquetball) <i>Staff</i>	4:00PM-5:00PM (Racquetball) <i>Staff</i>	4:00PM-5:00PM (Racquetball) <i>Staff</i>	11:00AM-12:00PM (Racquetball) <i>Staff</i>	4:00PM-5:00PM (Racquetball) <i>Staff</i>
	5:00PM-6:00PM (Racquetball) <i>Staff</i>	5:00PM-6:00PM (Racquetball) <i>Staff</i>	5:00PM-6:00PM (Racquetball) <i>Staff</i>	5:00PM-6:00PM (Racquetball) <i>Staff</i>	5:00PM-6:00PM (Racquetball) <i>Staff</i>	12:00PM-1:00PM (Racquetball) <i>Staff</i>	
	6:00PM-7:00PM (Racquetball) <i>Staff</i>	6:00PM-7:00PM (Racquetball) <i>Staff</i>	6:00PM-7:00PM (Racquetball) <i>Staff</i>	6:00PM-7:00PM (Racquetball) <i>Staff</i>	6:00PM-7:00PM (Racquetball) <i>Staff</i>	1:00PM-2:00PM (Racquetball) <i>Staff</i>	
	7:00PM-8:00PM (Racquetball) <i>Staff</i>	7:00PM-8:00PM (Racquetball) <i>Staff</i>	7:00PM-8:00PM (Racquetball) <i>Staff</i>	7:00PM-8:00PM (Racquetball) <i>Staff</i>	7:00PM-8:00PM (Racquetball) <i>Staff</i>	2:00PM-3:00PM (Racquetball) <i>Staff</i>	
8:00PM-9:00PM (Racquetball) <i>Staff</i>	8:00PM-9:00PM (Racquetball) <i>Staff</i>	8:00PM-9:00PM (Racquetball) <i>Staff</i>	8:00PM-9:00PM (Racquetball) <i>Staff</i>		3:00PM-4:00PM (Racquetball) <i>Staff</i>		
						4:00PM-5:00PM (Racquetball) <i>Staff</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Squash Squash Court 1 Sign Up	12:00PM-1:00PM (Squash) <i>Staff</i>	12:00PM-1:00PM (Squash) <i>Staff</i>	12:00PM-1:00PM (Squash) <i>Staff</i>	12:00PM-1:00PM (Squash) <i>Staff</i>	5:00AM-6:00AM (Squash) <i>Staff</i>	7:00AM-8:00AM (Squash) <i>Staff</i>	12:00PM-1:00PM (Squash) <i>Staff</i>
	1:00PM-2:00PM (Squash) <i>Staff</i>	1:00PM-2:00PM (Squash) <i>Staff</i>	1:00PM-2:00PM (Squash) <i>Staff</i>	1:00PM-2:00PM (Squash) <i>Staff</i>	6:00AM-7:00AM (Squash) <i>Staff</i>	8:00AM-9:00AM (Squash) <i>Staff</i>	1:00PM-2:00PM (Squash) <i>Staff</i>
	2:00PM-3:00PM (Squash) <i>Staff</i>	2:00PM-3:00PM (Squash) <i>Staff</i>	2:00PM-3:00PM (Squash) <i>Staff</i>	2:00PM-3:00PM (Squash) <i>Staff</i>	7:00AM-8:00AM (Squash) <i>Staff</i>	9:00AM-10:00AM (Squash) <i>Staff</i>	2:00PM-3:00PM (Squash) <i>Staff</i>
	3:00PM-4:00PM (Squash) <i>Staff</i>	3:00PM-4:00PM (Squash) <i>Staff</i>	3:00PM-4:00PM (Squash) <i>Staff</i>	3:00PM-4:00PM (Squash) <i>Staff</i>	8:00AM-9:00AM (Squash) <i>Staff</i>	10:00AM-11:00AM (Squash) <i>Staff</i>	3:00PM-4:00PM (Squash) <i>Staff</i>
	4:00PM-5:00PM (Squash) <i>Staff</i>	4:00PM-5:00PM (Squash) <i>Staff</i>	4:00PM-5:00PM (Squash) <i>Staff</i>	4:00PM-5:00PM (Squash) <i>Staff</i>	9:00AM-10:00AM (Squash) <i>Staff</i>	11:00AM-12:00PM (Squash) <i>Staff</i>	4:00PM-5:00PM (Squash) <i>Staff</i>
	5:00PM-6:00PM (Squash) <i>Staff</i>	5:00PM-6:00PM (Squash) <i>Staff</i>	5:00PM-6:00PM (Squash) <i>Staff</i>	5:00PM-6:00PM (Squash) <i>Staff</i>	10:00AM-11:00AM (Squash) <i>Staff</i>	12:00PM-1:00PM (Squash) <i>Staff</i>	
	6:00PM-7:00PM (Squash) <i>Staff</i>	6:00PM-7:00PM (Squash) <i>Staff</i>	5:30PM-8:00PM (Squash) <i>Meredith L.</i>	6:00PM-7:00PM (Squash) <i>Staff</i>	11:00AM-12:00PM (Squash) <i>Staff</i>	1:00PM-2:00PM (Squash) <i>Staff</i>	
	7:00PM-8:00PM (Squash) <i>Staff</i>	7:00PM-8:00PM (Squash) <i>Staff</i>	6:00PM-7:00PM (Squash) <i>Staff</i>	7:00PM-8:00PM (Squash) <i>Staff</i>	12:00PM-1:00PM (Squash) <i>Staff</i>	2:00PM-3:00PM (Squash) <i>Staff</i>	
8:00PM-9:00PM (Squash) <i>Staff</i>	8:00PM-9:00PM (Squash) <i>Staff</i>	7:00PM-8:00PM (Squash) <i>Staff</i>	8:00PM-9:00PM (Squash) <i>Staff</i>	1:00PM-2:00PM (Squash) <i>Staff</i>	3:00PM-4:00PM (Squash) <i>Staff</i>		
		8:00PM-9:00PM (Squash) <i>Staff</i>		2:00PM-3:00PM (Squash) <i>Staff</i>	4:00PM-5:00PM (Squash) <i>Staff</i>		
				3:00PM-4:00PM (Squash) <i>Staff</i>			
				4:00PM-5:00PM (Squash) <i>Staff</i>			
				5:00PM-6:00PM (Squash) <i>Staff</i>			
				6:00PM-7:00PM (Squash) <i>Staff</i>			
				7:00PM-8:00PM (Squash) <i>Staff</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Squash Squash Court 2 Sign Up	12:00PM-1:00PM (Squash) <i>Staff</i>	12:00PM-1:00PM (Squash) <i>Staff</i>	12:00PM-1:00PM (Squash) <i>Staff</i>	12:00PM-1:00PM (Squash) <i>Staff</i>	5:00AM-6:00AM (Squash) <i>Staff</i>	7:00AM-8:00AM (Squash) <i>Staff</i>	12:00PM-1:00PM (Squash) <i>Staff</i>
	1:00PM-2:00PM (Squash) <i>Staff</i>	1:00PM-2:00PM (Squash) <i>Staff</i>	1:00PM-2:00PM (Squash) <i>Staff</i>	1:00PM-2:00PM (Squash) <i>Staff</i>	6:00AM-7:00AM (Squash) <i>Staff</i>	8:00AM-9:00AM (Squash) <i>Staff</i>	1:00PM-2:00PM (Squash) <i>Staff</i>
	2:00PM-3:00PM (Squash) <i>Staff</i>	2:00PM-3:00PM (Squash) <i>Staff</i>	2:00PM-3:00PM (Squash) <i>Staff</i>	2:00PM-3:00PM (Squash) <i>Staff</i>	7:00AM-8:00AM (Squash) <i>Staff</i>	9:00AM-10:00AM (Squash) <i>Staff</i>	2:00PM-3:00PM (Squash) <i>Staff</i>
	3:00PM-4:00PM (Squash) <i>Staff</i>	3:00PM-4:00PM (Squash) <i>Staff</i>	3:00PM-4:00PM (Squash) <i>Staff</i>	3:00PM-4:00PM (Squash) <i>Staff</i>	8:00AM-9:00AM (Squash) <i>Staff</i>	10:00AM-11:00AM (Squash) <i>Staff</i>	3:00PM-4:00PM (Squash) <i>Staff</i>
	4:00PM-5:00PM (Squash) <i>Staff</i>	4:00PM-5:00PM (Squash) <i>Staff</i>	4:00PM-5:00PM (Squash) <i>Staff</i>	4:00PM-5:00PM (Squash) <i>Staff</i>	9:00AM-10:00AM (Squash) <i>Staff</i>	11:00AM-12:00PM (Squash) <i>Staff</i>	4:00PM-5:00PM (Squash) <i>Staff</i>
	5:00PM-6:00PM (Squash) <i>Staff</i>	5:00PM-6:00PM (Squash) <i>Staff</i>	5:00PM-6:00PM (Squash) <i>Staff</i>	5:00PM-6:00PM (Squash) <i>Staff</i>	10:00AM-11:00AM (Squash) <i>Staff</i>	12:00PM-1:00PM (Squash) <i>Staff</i>	
	6:00PM-7:00PM (Squash) <i>Staff</i>	6:00PM-7:00PM (Squash) <i>Staff</i>	5:30PM-8:00PM (Squash) <i>Meredith L.</i>	6:00PM-7:00PM (Squash) <i>Staff</i>	11:00AM-12:00PM (Squash) <i>Staff</i>	1:00PM-2:00PM (Squash) <i>Staff</i>	
7:00PM-8:00PM (Squash) <i>Staff</i>	7:00PM-8:00PM (Squash) <i>Staff</i>	6:00PM-7:00PM (Squash) <i>Staff</i>	7:00PM-8:00PM (Squash) <i>Staff</i>	12:00PM-1:00PM (Squash) <i>Staff</i>	2:00PM-3:00PM (Squash) <i>Staff</i>		
			7:00PM-8:00PM (Squash) <i>Staff</i>		1:00PM-2:00PM (Squash) <i>Staff</i>	3:00PM-4:00PM (Squash) <i>Staff</i>	
					2:00PM-3:00PM (Squash) <i>Staff</i>	4:00PM-5:00PM (Squash) <i>Staff</i>	
					3:00PM-4:00PM (Squash) <i>Staff</i>		
					4:00PM-5:00PM (Squash) <i>Staff</i>		
					5:00PM-6:00PM (Squash) <i>Staff</i>		
					6:00PM-7:00PM (Squash) <i>Staff</i>		
					7:00PM-8:00PM (Squash) <i>Staff</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP Group Exercise Studio Sign Up	12:00PM-12:45PM (Group Exercise) <i>Joyce J.</i> 5:30PM-6:30PM (Group Exercise) <i>Tim B.</i>	9:45AM-10:30AM (Group Exercise) <i>Kim B.</i>	5:30PM-6:15PM (Group Exercise) <i>Bridgette B.</i>	8:30AM-9:30AM (Group Exercise) <i>Ashley S.</i>	5:30PM-6:15PM (Group Exercise) <i>Blake S.</i>	9:15AM-10:15AM (Group Exercise) <i>Blake S.</i>	12:30PM-1:15PM (Group Exercise) <i>Blake S.</i>
Hip Hop Cycle Cycle Studio Sign Up	6:00PM-7:00PM (Group Exercise) <i>Flo G.</i>					8:30AM-9:20AM (Group Exercise) <i>Aisha W.</i>	
Power Flow Yoga Yoga and Stretch Studio Sign Up	6:00PM-7:00PM (Group Exercise) <i>Kriss D.</i>		8:30AM-9:30AM (Group Exercise) <i>Abi P.</i> 6:00PM-7:00PM (Group Exercise) <i>Kriss D.</i>				
SPRINT Cycle Studio Sign Up		5:30AM-6:00AM (Group Exercise) VIRTUAL 6:00PM-6:30PM (Group Exercise) <i>Randy L.</i>				9:45AM-10:15AM (Group Exercise) <i>Erik B.</i>	12:30PM-1:00PM (Group Exercise) <i>Randy L.</i>
Yoga Yoga and Stretch Studio Sign Up		6:00AM-7:00AM (Group Exercise) <i>Abi P.</i>					
Aqua Basics - Shallow Water Shallow-Program Pool		8:15AM-9:00AM (Water Fitness) <i>Joy R.</i> 11:30AM-12:15PM (Water Fitness) <i>Sue M.</i>		11:30AM-12:15PM (Water Fitness) <i>Sue M.</i>			
BODYCOMBAT Group Exercise Studio Sign Up		8:30AM-9:15AM (Group Exercise) <i>Susanna G.</i> 8:30AM-9:30AM (Group Exercise) <i>Susanna G.</i>			8:30AM-9:15AM (Group Exercise) <i>Emily E.</i>		
Pilates Yoga and Stretch Studio Sign Up		9:30AM-10:30AM (Group Exercise) <i>Mackenzie C.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers Classic Group Exercise Studio Sign Up		10:45AM-11:30AM (Group Exercise) <i>Kim B.</i>		10:45AM-11:30AM (Group Exercise) <i>Emily E.</i>	10:15AM-11:00AM (Group Exercise) <i>Constance G.</i> 12:00PM-12:45PM (Group Exercise) <i>Constance G.</i>		
Qigong Flow (Chee-Kung) Yoga and Stretch Studio Sign Up		10:45AM-11:30AM (Group Exercise) <i>Mackenzie C.</i>					
Flow Yoga Yoga and Stretch Studio Sign Up		12:00PM-1:00PM (Group Exercise) <i>Gail W.</i> 6:00PM-7:00PM (Group Exercise) <i>Merlinda S.</i>		6:00PM-7:00PM (Group Exercise) <i>Merlinda S.</i>	5:00PM-6:00PM (Group Exercise) <i>Cecile Y.</i>		12:30PM-1:30PM (Group Exercise) <i>Cecile Y.</i>
BODYATTACK Group Exercise Studio Sign Up		5:45PM-6:30PM (Group Exercise) <i>Bruce</i>					
Total Body Sculpt Group Exercise Studio Sign Up			8:15AM-9:15AM (Group Exercise) <i>Emily E.</i>				
Aqua Energizers-Deep Water			8:45AM-9:30AM (Water Fitness) <i>Wendy V.</i>		8:45AM-9:30AM (Water Fitness) <i>Wendy V.</i>		
SilverSneakers Yoga Group Exercise Studio Sign Up			10:45AM-11:30AM (Group Exercise) <i>Cecile Y.</i>				
Aqua HIIT - Shallow Water Shallow-Program Pool			7:15PM-8:00PM (Water Fitness) <i>Tracy R.</i>				
HIIT Cycle Cycle Studio Sign Up				5:30AM-6:00AM (Group Exercise) <i>Barbara P.</i>			
Yogalates Yoga and Stretch Studio Sign Up				6:00AM-7:00AM (Group Exercise) <i>Mackenzie C.</i>		9:45AM-10:45AM (Group Exercise) <i>Cecile Y.</i>	
Joy Riders Cycle Cycle Studio Sign Up				10:30AM-11:15AM (Group Exercise) <i>Constance G.</i>			
POUND Upper Body Group Exercise Studio Sign Up				11:40AM-12:25PM (Group Exercise) <i>Constance G.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Energizers-Deep Water Lap Lane				12:45PM-1:30PM (Water Fitness) <i>Samuel M.</i>			
Rhythm Ride Cycle Studio Sign Up				5:30PM-6:30PM (Group Exercise) <i>Michael P.</i>			
BOOM Move Group Exercise Studio Sign Up					11:00AM-11:50AM (Group Exercise) <i>Constance G.</i>		
Aqua Zumba Shallow - Program Pool					2:45PM-3:30PM (Water Fitness) <i>Staff</i>		
Aqua HIIT - Shallow Water Shallow - Program Pool						8:00AM-8:45AM (Water Fitness) <i>Natosha L.</i>	
Gentle//Restorative Yoga Yoga and Stretch Studio Sign Up						11:00AM-12:00PM (Group Exercise) <i>Cecile Y.</i>	
Gospel Cycle Cycle Studio Sign Up							1:15PM-2:00PM (Group Exercise) <i>Ahmad J.</i>
BODYCOMBAT Group Exercise Sign Up							1:30PM-2:30PM (Group Exercise) <i>Susanna G.</i>



Fulton Family YMCA | May 4th - May 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP Group Ex Studio Sign Up	8:00AM-8:45AM (Group Exercise) <i>Martha G.</i>		8:00AM-8:45AM (Group Exercise) <i>Martha G.</i>		8:00AM-8:45AM (Group Exercise) <i>Ana W.</i>		
Cycle Group Ex Studio Sign Up	9:00AM-9:45AM (Group Exercise) <i>Joyce J.</i>		9:00AM-9:45AM (Group Exercise) <i>Joyce J.</i>		9:00AM-9:45AM (Group Exercise) <i>Joyce J.</i>		
Chair Yoga Group Ex Studio Sign Up	11:00AM-11:45AM (Group Exercise) <i>Niki Y.</i>		11:00AM-11:45AM (Group Exercise) <i>Gail W.</i>				
Strength & Stretch Group Ex Studio Sign Up		9:00AM-10:00AM (Group Exercise) <i>Joy W.</i>		9:00AM-10:00AM (Group Exercise) <i>Joy W.</i>			
Aquafit - Shallow Water Pool		9:30AM-10:15AM (Water Fitness) <i>Brigitte L.</i> 10:15AM-11:00AM (Water Fitness) <i>Brigitte L.</i>		9:30AM-10:15AM (Water Fitness) <i>Brigitte L.</i> 10:15AM-11:00AM (Water Fitness) <i>Brigitte L.</i>			
ZUMBA Group Ex Studio Sign Up		10:30AM-11:15AM (Group Exercise) <i>Cynthia C.</i>		10:30AM-11:15AM (Group Exercise) <i>Annie R.</i>			
SilverSneakers Classic Group Ex Studio Sign Up		11:30AM-12:15PM (Group Exercise) <i>Cynthia C.</i>	10:00AM-10:45AM (Group Exercise) <i>Joyce J.</i>	11:30AM-12:15PM (Group Exercise) <i>Annie R.</i>	10:00AM-10:45AM (Group Exercise) <i>Joyce J.</i>		



Wilkes Family YMCA | May 4th - May 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Cycle Studio Sign Up	8:00AM-8:45AM (Group Exercise) <i>Carlie S.</i> 5:30PM-6:15PM (Group Exercise) <i>Carlie S.</i>	12:00PM-12:45PM (Group Exercise) <i>Jade G.</i> 4:30PM-5:15PM (Group Exercise) <i>Katie H.</i>	8:00AM-8:45AM (Group Exercise) <i>Jade G.</i>	5:30PM-6:15PM (Group Exercise) <i>Jennifer G.</i>		8:10AM-8:55AM (Group Exercise) <i>Katie H.</i>	
Aqua Energizers-Deep Water Lap Lanes 1-3	8:00AM-8:45AM (Water Fitness) <i>Staff</i>	9:30AM-10:15AM (Water Fitness) <i>Staff</i>	8:00AM-8:45AM (Water Fitness) <i>Staff</i>		8:00AM-8:45AM (Water Fitness) <i>Staff</i>		
Aquafit - Shallow Water Lap Lanes 1-3	9:00AM-9:45AM (Water Fitness) <i>Staff</i>						
BODYPUMP Group Exercise Studio Sign Up	9:00AM-10:00AM (Group Exercise) <i>Blake S.</i> 6:30PM-7:30PM (Group Exercise) <i>Carlie S.</i>		12:00PM-1:00PM (Group Exercise) <i>Ellen A.</i> 5:30PM-6:15PM (Group Exercise) <i>Kelley A.</i>		12:00PM-1:00PM (Group Exercise) <i>Susanna G.</i>	9:15AM-10:15AM (Group Exercise) <i>Natalie E.</i>	
Strength & Stretch - Shallow Shallow-Program Pool	10:00AM-10:45AM (Water Fitness) <i>Staff</i> 11:00AM-11:45AM (Water Fitness) <i>Staff</i>		10:00AM-10:45AM (Water Fitness) <i>Staff</i>		10:00AM-10:45AM (Water Fitness) <i>Staff</i> 11:00AM-11:45AM (Water Fitness) <i>Staff</i>		
Aqua HIIT - Shallow Water	11:00AM-11:45AM (General) <i>Staff</i>						
Les Mills BODYBALANCE Group Exercise Studio Sign Up	12:00PM-12:45PM (Group Exercise) <i>Sandra R.</i>	6:30PM-7:15PM (Group Exercise) <i>Natalie E.</i>		6:30PM-7:15PM (Group Exercise) <i>Jennifer G.</i>	10:00AM-11:00AM (Group Exercise) <i>Sandra R.</i>	10:30AM-11:30AM (Group Exercise) <i>Sandra R.</i>	
TBA Group Exercise Studio Sign Up	4:30PM-5:15PM (Group Exercise) <i>Staff</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Barre-Yoga Fusion Group Exercise Studio Sign Up	4:30PM-5:15PM (Group Exercise) <i>Michelle W.</i>						
Step Interval Group Exercise Studio Sign Up	4:30PM-5:15PM (Group Exercise) <i>Crystal P.</i>						
ZUMBA Group Exercise Studio Sign Up	5:30PM-6:15PM (Group Exercise) <i>Natalie L.</i>			5:30PM-6:15PM (Group Exercise) <i>Natalie L.</i>			
Sculpt and Burn Group Exercise Studio Sign Up		6:00AM-7:00AM (Group Exercise) <i>Angie S.</i>		6:00AM-7:00AM (Group Exercise) <i>Angie S.</i>			
Vinyasa Yoga Group Exercise Studio Sign Up		8:15AM-9:15AM (Group Exercise) <i>Crystal P.</i>					
Cardio Dance Party Group Exercise Studio Sign Up		9:30AM-10:15AM (Group Exercise) <i>Ellen A.</i>		9:30AM-10:15AM (Group Exercise) <i>Ellen A.</i>			
SilverSneakers Classic Group Exercise Studio Sign Up		10:30AM-11:15AM (Group Exercise) <i>Julie R.</i>		10:30AM-11:15AM (Group Exercise) <i>Ellen A.</i>			
Les Mills CORE Group Exercise Studio Sign Up		5:30PM-6:15PM (Group Exercise) <i>Natalie E.</i>	7:15AM-7:45AM (Group Exercise) <i>Jade G.</i>				
Aquafit - Shallow Water Shallow-Program Pool			9:00AM-9:45AM (Water Fitness) <i>Staff</i>		9:00AM-9:45AM (Water Fitness) <i>Staff</i>		
Pilates Group Exercise Studio Sign Up			9:00AM-9:45AM (Group Exercise) <i>Sandra R.</i>				
Strength & Stability Shallow-Program Pool			11:00AM-11:45AM (Water Fitness) <i>Staff</i>				
Gentle//Restorative Yoga Group Exercise Studio Sign Up			6:30PM-7:30PM (Group Exercise) <i>Michelle W.</i>	8:15AM-9:15AM (Group Exercise) <i>Teri F.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT & Hills Cycle Cycle Studio Sign Up				12:00PM-12:45PM (Group Exercise) <i>Jamie K.</i>			
Bounce Group Exercise Room Sign Up				4:30PM-5:00PM (Group Exercise) <i>Courtney D.</i>			
Step Group Exercise Studio Sign Up					9:00AM-9:45AM (Group Exercise) <i>Crystal P.</i>		
Joy Riders Cycle Cycle Studio Sign Up					10:30AM-11:00AM (Group Exercise) <i>Carlie S.</i> 11:00AM-11:30AM (Group Exercise) <i>Carlie S.</i>		



Wilkes Express YMCA | May 4th - May 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Balance and Coordination ST Group Exercise Studio	8:00AM-8:45AM (Group Exercise) <i>Teri F.</i>		8:00AM-8:45AM (Group Exercise) <i>Teri F.</i>		8:00AM-8:45AM (Group Exercise) <i>Teri F.</i>		
Gentle//Restorative Yoga Group Exercise Studio Sign Up	9:00AM-10:00AM (Group Exercise) <i>Teri F.</i>		9:00AM-10:00AM (Group Exercise) <i>Teri F.</i>		9:00AM-10:00AM (Group Exercise) <i>Teri F.</i>		
SilverSneakers Classic Group Exercise Studio Sign Up	10:30AM-11:15AM (Group Exercise) <i>Cherie B.</i>		10:30AM-11:15AM (Group Exercise) <i>Julie R.</i>				
Chair Yoga Group Exercise Studio Sign Up	11:30AM-12:30PM (Group Exercise) <i>Teri F.</i>						
BOOM Muscle Group Exercise Studio Sign Up		9:00AM-9:30AM (Group Exercise) <i>Cherie B.</i>		9:00AM-9:30AM (Group Exercise) <i>Cherie B.</i>			
BOOM Move Group Exercise Studio Sign Up		9:35AM-10:05AM (Group Exercise) <i>Cherie B.</i>		9:35AM-10:05AM (Group Exercise) <i>Cherie B.</i>			
Joy Riders Cycle Group Exercise Studio Sign Up			10:00AM-10:30AM (Group Exercise) <i>Cherie B.</i>				
Tai Chi Group Exercise Studio Sign Up					10:00AM-11:00AM (Group Exercise) <i>Steve J.</i>		



Davie Family YMCA | May 4th - May 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit - Shallow Water Pool	8:30AM-9:15AM (Water Fitness) <i>Lorri C.</i>		9:30AM-10:15AM (Water Fitness) <i>Lorri C.</i>			8:15AM-9:00AM (Water Fitness) <i>Patty H.</i>	
Strength & Stretch - Shallow Pool	9:30AM-10:15AM (Water Fitness) <i>Lorri C.</i>				9:30AM-10:15AM (Water Fitness) <i>Ann S.</i>		
BODYPUMP Group Exercise Studio Sign Up	9:45AM-10:30AM (Group Exercise) <i>Kylie P.</i>	5:45AM-6:30AM (Group Exercise) <i>Anita Y.</i> 5:45PM-6:45PM (Group Exercise) <i>Ana W.</i>	9:15AM-10:15AM (Group Exercise) <i>Jamie P.</i>	5:45PM-6:30PM (Group Exercise) <i>Kaycee</i>	9:30AM-10:15AM (Group Exercise) <i>Kylie P.</i>		
SilverSneakers Yoga Mind Body Studio Sign Up	11:00AM-11:45AM (Group Exercise) <i>Neal</i>		10:00AM-10:45AM (Group Exercise) <i>Melissa</i>				
Les Mills TONE Group Exercise Studio Sign Up	5:30PM-6:15PM (Group Exercise) <i>Kaycee</i>		8:15AM-9:00AM (Group Exercise) <i>Lisa</i>			9:00AM-9:45AM (Group Exercise) <i>Lisa</i>	
SPRINT Group Exercise Studio	6:30PM-7:00PM (Group Exercise) <i>Lisa</i>	9:30AM-10:00AM (Group Exercise) <i>Hillary H.</i>	5:30PM-6:00PM (Group Exercise) <i>Hillary H.</i>	9:30AM-10:00AM (Group Exercise) <i>Lisa</i>		8:15AM-8:45AM (Group Exercise) <i>VIRTUAL</i>	
Pilates Mind Body Studio Sign Up		8:30AM-9:25AM (Group Exercise) <i>Amy</i>		8:30AM-9:25AM (Group Exercise) <i>Amy</i>			
Deep Water Extreme-Deep Water Pool		9:30AM-10:15AM (Water Fitness) <i>Ann S.</i> 10:30AM-11:15AM (Water Fitness) <i>Ann S.</i>		9:30AM-10:15AM (Water Fitness) <i>Ann S.</i> 10:30AM-11:15AM (Water Fitness) <i>Ann S.</i>			
SilverSneakers Classic Mind Body Studio Sign Up		10:00AM-10:45AM (Group Exercise) <i>Lorri C.</i>		10:00AM-10:45AM (Group Exercise) <i>Lorri C.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers Circuit Mind Body Studio Sign Up		11:00AM-11:45AM (Group Exercise) <i>Lorri C.</i>		11:00AM-11:45AM (Group Exercise) <i>Lorri C.</i>			
Aqua HIIT - Shallow Water Pool			8:30AM-9:15AM (Water Fitness) <i>Lorri C.</i>		8:30AM-9:15AM (Water Fitness) <i>Ann S.</i>		
ZUMBA GOLD Group Exercise Studio Sign Up			11:00AM-11:45AM (Group Exercise) <i>Joyce S.</i>		11:00AM-11:45AM (Group Exercise) <i>Joyce S.</i>		
CANCELED: BODYPUMP Group Exercise Studio Sign Up				5:45AM-6:30AM (Group Exercise) <i>Anita Y.</i>			
SilverSneakers Classic Mind and Body Studio Sign Up					10:00AM-10:45AM (Group Exercise) <i>Joyce S.</i>		
MixedFit Group Exercise Studio Sign Up						10:00AM-11:00AM (Group Exercise) <i>Jennifer I.</i>	



YMCA REACH Center at Winston Lake | May 4th - May 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit - Shallow Water Group Exercise	9:00AM-9:45AM (Water Fitness) Staff		9:00AM-9:45AM (Water Fitness) Staff		9:00AM-9:45AM (Water Fitness) Staff		
Joy Riders Cycle Upstairs Studio Sign Up	10:00AM-10:45AM (Group Exercise) Constance G.		10:00AM-10:45AM (Group Exercise) Constance G.				
Strength & Stretch Multipurpose Room Sign Up	11:00AM-11:45AM (Group Exercise) Constance G.						
Kettlebell Gym Sign Up	6:00PM-6:45PM (Group Exercise) Angie R.		6:00PM-6:45PM (Group Exercise) Angie R.				
SilverSneakers Classic Gym Sign Up		9:15AM-10:00AM (Group Exercise) Cynthia C. 10:15AM-11:00AM (Group Exercise) Natarshia W.		9:15AM-10:00AM (Group Exercise) Cynthia C. 10:15AM-11:00AM (Group Exercise) Cynthia C.			
Line Dancing Gym Sign Up		11:15AM-12:00PM (Group Exercise) Natarshia W.		11:15AM-12:00PM (Group Exercise) Cynthia C.			
Step Multipurpose Room Sign Up		5:45PM-6:45PM (Group Exercise) Angel T.					
ZUMBA GOLD Multipurpose Room Sign Up			9:00AM-9:45AM (Group Exercise) Cynthia C.				
Strength & Stability Multipurpose Room Sign Up			11:15AM-12:00PM (Group Exercise) Constance G.				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Multipurpose Room Sign Up			7:00PM-7:45PM (Group Exercise) <i>Alexes J.</i>				
Hip Hop Cycle Upstairs Studio Sign Up				6:00PM-7:00PM (Group Exercise) <i>Teresa H.</i>			
Grace in Motion Multipurpose Room Sign Up					9:15AM-10:15AM (Group Exercise) <i>Joy W.</i>		
Chair Yoga Multipurpose Room Sign Up					10:30AM-11:30AM (Group Exercise) <i>Alexes J.</i>		
ZUMBA Multipurpose Room Sign Up						9:00AM-9:45AM (Group Exercise) <i>Adrianna O.</i>	



Alexander County Family YMCA | May 4th - May 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Fusion Group Exercise Studio Sign Up	9:00AM-9:45AM (Group Exercise) <i>Lerin B.</i>		9:00AM-9:45AM (Group Exercise) <i>Lerin B.</i>				
Cardio Dance Party Group Exercise Studio Sign Up	12:00PM-12:45PM (Group Exercise) <i>Amber W.</i>	6:30PM-7:15PM (Group Exercise) <i>Amber W.</i>	12:00PM-12:45PM (Group Exercise) <i>Amber W.</i>				
Fitness Mayhem Group Exercise Studio Sign Up	5:30PM-6:15PM (Group Exercise) <i>Danny S.</i>			5:30PM-6:15PM (Group Exercise) <i>Danny S.</i>			
Cycle Cycle Studio Sign Up	6:30PM-7:15PM (Group Exercise) <i>Brandy W.</i>						
SilverSneakers Classic Group Exercise Studio Sign Up		9:30AM-10:15AM (Group Exercise) <i>Lerin B.</i>		9:30AM-10:15AM (Group Exercise) <i>Lerin B.</i>			
Chair Yoga Group Exercise Studio Sign Up		10:30AM-11:30AM (Group Exercise) <i>Lerin B.</i>		10:30AM-11:30AM (Group Exercise) <i>Lerin B.</i>			
BodySculpt Group Exercise Studio Sign Up		5:30PM-6:15PM (Group Exercise) <i>Brandy W.</i>					
Joy Riders Cycle Group Exercise Studio Sign Up			8:15AM-8:45AM (Group Exercise) <i>Lerin B.</i>				
Step Cycle Studio Sign Up				6:30PM-7:15PM (Group Exercise) <i>Brandy W.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Group Exercise Studio Sign Up					10:00AM-10:45AM (Group Exercise) <i>Wesley W.</i>		
Yoga Group Exercise Studio Sign Up						8:30AM-9:30AM (Group Exercise) <i>Lerin B.</i>	