



Statesville Family YMCA | July 14th - July 20th

	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>		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>		
			6:30AM-7:00AM (Swim Lanes) <i>Staff</i>	9:15AM-9:45AM (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>	8:45AM-9:15AM (Swim Lanes) <i>Staff</i>		
			8:00AM-8:30AM (Swim Lanes) <i>Staff</i>	12:15PM-12:45PM (Swim Lanes) <i>Staff</i>	9:30AM-10:00AM (Swim Lanes) <i>Staff</i>		
			8:45AM-9:15AM (Swim Lanes) <i>Staff</i>	12:15PM-12:45PM (Swim Lanes) <i>Staff</i>	10:15AM-10:45AM (Swim Lanes) <i>Staff</i>		
			10:15AM-10:45AM (Swim Lanes) <i>Staff</i>	4:15PM-4:45PM (Swim Lanes) <i>Staff</i>	12:00PM-12:30PM (Swim Lanes) <i>Staff</i>		
			12:00PM-12:30PM (Swim Lanes) <i>Staff</i>	5:00PM-5:30PM (Swim Lanes) <i>Staff</i>	12:45PM-1:15PM (Swim Lanes) <i>Staff</i>		
			4:15PM-4:45PM (Swim Lanes) <i>Staff</i>	5:45PM-6:15PM (Swim Lanes) <i>Staff</i>	1:30PM-2:00PM (Swim Lanes) <i>Staff</i>		
			5:00PM-5:30PM (Swim Lanes) <i>Staff</i>	6:30PM-7:00PM (Swim Lanes) <i>Staff</i>	2:15PM-2:45PM (Swim Lanes) <i>Staff</i>		
			5:45PM-6:15PM (Swim Lanes) <i>Staff</i>		3:00PM-3:30PM (Swim Lanes) <i>Staff</i>		
			6:30PM-7:00PM (Swim Lanes) <i>Staff</i>		3:45PM-4:15PM (Swim Lanes) <i>Staff</i>		
					4:30PM-5:00PM (Swim Lanes) <i>Staff</i>		
				5:15PM-5:45PM (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> 6:30AM-7:30AM (Swim Lanes) <i>Staff</i> 7:45AM-8:45AM (Swim Lanes) <i>Staff</i> 9:00AM-10:00AM (Swim Lanes) <i>Staff</i> 10:15AM-11:15AM (Swim Lanes) <i>Staff</i> 11:30AM-12:30PM (Swim Lanes) <i>Staff</i> 12:45PM-1:45PM (Swim Lanes) <i>Staff</i> 2:00PM-3:00PM (Swim Lanes) <i>Staff</i> 3:15PM-4:15PM (Swim Lanes) <i>Staff</i> 6:15PM-7:15PM (Swim Lanes) <i>Staff</i>	5:15AM-6:15AM (Swim Lanes) <i>Staff</i> 6:30AM-7:30AM (Swim Lanes) <i>Staff</i> 7:45AM-8:45AM (Swim Lanes) <i>Staff</i> 9:00AM-10:00AM (Swim Lanes) <i>Staff</i> 10:15AM-11:15AM (Swim Lanes) <i>Staff</i> 11:30AM-12:30PM (Swim Lanes) <i>Staff</i> 12:45PM-1:45PM (Swim Lanes) <i>Staff</i> 2:00PM-3:00PM (Swim Lanes) <i>Staff</i> 3:15PM-4:15PM (Swim Lanes) <i>Staff</i> 6:15PM-7:15PM (Swim Lanes) <i>Staff</i>	5:15AM-6:15AM (Swim Lanes) <i>Staff</i> 6:30AM-7:30AM (Swim Lanes) <i>Staff</i> 7:45AM-8:45AM (Swim Lanes) <i>Staff</i> 9:00AM-10:00AM (Swim Lanes) <i>Staff</i> 10:15AM-11:15AM (Swim Lanes) <i>Staff</i> 11:30AM-12:30PM (Swim Lanes) <i>Staff</i> 12:45PM-1:45PM (Swim Lanes) <i>Staff</i> 2:00PM-3:00PM (Swim Lanes) <i>Staff</i> 3:15PM-4:15PM (Swim Lanes) <i>Staff</i>		
Senior Fit Group Exercise Studio Sign Up			8:00AM-8:45AM (Group Exercise) <i>Ann S.</i>		8:00AM-8:45AM (Group Exercise) <i>Ann S.</i>		
Gentle//Restorative Yoga Mind and Body Studio Sign Up			8:15AM-9:15AM (Group Exercise) <i>Jade K.</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>		
Aqua Energizers-Deep Water Lap Lane			9:15AM-10:00AM (Water Fitness) <i>Joan V.</i>				
Pilates Mind and Body Studio Sign Up			9:30AM-10:30AM (Group Exercise) <i>Jade K.</i>		9:30AM-10:30AM (Group Exercise) <i>Cinnamon B.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Joints in Motion-Shallow Water Lap Lane			10:00AM-10:45AM (Water Fitness) <i>Joan V.</i>		10:00AM-10:45AM (Water Fitness) <i>Pat S.</i>		
BODYPUMP Group Exercise Studio Sign Up			10:00AM-11:00AM (Group Exercise) <i>Jordan D.</i> 5:30PM-6:30PM (Group Exercise) <i>Matthew P.</i>		10:00AM-11:00AM (Group Exercise) <i>Cindy L.</i>	9:15AM-10:15AM (Group Exercise) <i>Suzanne G.</i>	
Strength & Stretch - Shallow			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>				
Vinyasa Yoga Mind and Body Studio Sign Up			5:30PM-6:30PM (Group Exercise) <i>Cheryl W.</i>				
Hip Hop Group Exercise Studio Sign Up			6:35PM-7:20PM (Group Exercise) <i>Dee L.</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>	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>Angie R.</i>		8:15AM-9:00AM (Group Exercise) <i>Matthew P.</i>	
Aqua Deep/Shallow Water Combo Lap Lane				8:15AM-9:00AM (Water Fitness) <i>Joan V.</i>			
Cardio Fusion Group Exercise Studio Sign Up				9:00AM-9:45AM (Group Exercise) <i>Angie R.</i>			
Yoga Mind and Body Studio Sign Up				9:00AM-10:00AM (Group Exercise) <i>Cheryl W.</i>		10:30AM-11:30AM (Group Exercise) <i>Cheryl W.</i>	
Water Recovery - Shallow Water				10:00AM-10:45AM (Water Fitness) <i>Jocelyn S.</i>			
Les Mills CORE Group Exercise Studio Sign Up				10:00AM-10:30AM (Group Exercise) <i>Daniel G.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chair Yoga Mind and Body Studio Sign Up				10:15AM-11:15AM (Group Exercise) <i>Cheryl W.</i>			
SilverSneakers Classic Group Exercise Studio Sign Up				11:15AM-12:15PM (Group Exercise) <i>Debbie S.</i>			
AquaFit - Shallow Water Lap Lane				12:30PM-1:30PM (Water Fitness) <i>Christa R.</i>			
HIIT Group Exercise Studio Sign Up				5:30PM-6:15PM (Group Exercise) <i>Nacole S.</i>			
Yogalates Mind and Body Studio Sign Up				6:30PM-7:30PM (Group Exercise) <i>Megan A.</i>			
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>		
Swim Lane - 60 Min - Main Pool Sign Up						8:15AM-9:15AM (Swim Lanes) <i>Matthew P.</i> 9:30AM-10:30AM (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>	1:15PM-2:15PM (Swim Lanes) <i>Staff</i> 2:30PM-3:30PM (Swim Lanes) <i>Staff</i>



Jerry Long Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RPM Cycle Studio Sign Up			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>Sarah V.</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>Marcia</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>	
Aqua HIIT - Shallow Water Program Pool			7:15AM-8:00AM (Water Fitness) <i>Staff</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>		

	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>	
			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>	
			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>	
			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>			
			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>			
			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> 9:00AM-10:00AM (Racquetball) <i>Jerry L.</i> 10:00AM-11:00AM (Racquetball) <i>Jerry L.</i> 11:00AM-12:00PM (Racquetball) <i>Jerry L.</i> 12:00PM-1:00PM (Racquetball) <i>Jerry L.</i> 4:00PM-5:00PM (Racquetball) <i>Jerry L.</i> 5:00PM-6:00PM (Racquetball) <i>Jerry L.</i> 6:00PM-7:00PM (Racquetball) <i>Jerry L.</i> 7:00PM-8:00PM (Racquetball) <i>Jerry L.</i> 8:00PM-9:00PM (Racquetball) <i>Jerry L.</i>	8:00AM-9:00AM (Racquetball) <i>Jerry L.</i> 9:00AM-10:00AM (Racquetball) <i>Jerry L.</i> 10:00AM-11:00AM (Racquetball) <i>Jerry L.</i> 11:00AM-12:00PM (Racquetball) <i>Jerry L.</i> 12:00PM-1:00PM (Racquetball) <i>Jerry L.</i> 4:00PM-5:00PM (Racquetball) <i>Jerry L.</i> 5:00PM-6:00PM (Racquetball) <i>Jerry L.</i> 6:00PM-7:00PM (Racquetball) <i>Jerry L.</i> 7:00PM-8:00PM (Racquetball) <i>Jerry L.</i> 8:00PM-9:00PM (Racquetball) <i>Jerry L.</i>	8:00AM-9:00AM (Racquetball) <i>Jerry L.</i> 9:00AM-10:00AM (Racquetball) <i>Jerry L.</i> 10:00AM-11:00AM (Racquetball) <i>Jerry L.</i> 11:00AM-12:00PM (Racquetball) <i>Jerry L.</i> 12:00PM-1:00PM (Racquetball) <i>Jerry L.</i>	8:00AM-9:00AM (Racquetball) <i>Jerry L.</i> 9:00AM-10:00AM (Racquetball) <i>Jerry L.</i> 10:00AM-11:00AM (Racquetball) <i>Jerry L.</i> 11:00AM-12:00PM (Racquetball) <i>Jerry L.</i> 12:00PM-1:00PM (Racquetball) <i>Jerry L.</i>	
HIIT Group Exercise Studio 1 Sign Up			8:15AM-9:00AM (Group Exercise) <i>Mike L.</i>				
SPRINT Cycle Studio Sign Up			8:30AM-9:00AM (Group Exercise) <i>Sarah M.</i> 5:30PM-6:00PM (Group Exercise) <i>Erika B.</i>				4:00PM-4:30PM (Group Exercise) <i>Terry S.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP Group Exercise Studio 1 Sign Up			9:15AM-10:15AM (Group Exercise) <i>Sarah M.</i> 5:30PM-6:30PM (Group Exercise) <i>Marcia</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>Marcia</i>	3:00PM-3:45PM (Group Exercise) <i>Patty F.</i>
Les Mills BODYBALANCE Group Ex Studio 2 Sign Up			9:30AM-10:30AM (Group Exercise) <i>Natalie P.</i>	5:30PM-6:30PM (Group Exercise) <i>Mandy</i>		8:30AM-9:30AM (Group Exercise) <i>Natalie P.</i>	
Aquafit - Shallow Water Program Pool			10:15AM-11:00AM (Water Fitness) <i>Brigitte L.</i>		10:15AM-11:00AM (Water Fitness) <i>Brigitte L.</i>		
ZUMBA Group Exercise Studio 1 Sign Up			10:30AM-11:30AM (Group Exercise) <i>Cynthia 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>		
SilverSneakers Yoga Group Ex Studio 2 Sign Up			11:15AM-12:00PM (Group Exercise) <i>Neal</i>		12:15PM-1:00PM (Group Exercise) <i>Celeste</i>		
SilverSneakers Classic Group Ex Studio 2 Sign Up			12:15PM-1:00PM (Group Exercise) <i>Meaghan C.</i>				
Yoga Group Ex Studio 2 Sign Up			4:30PM-5:30PM (Group Exercise) <i>Michelle S.</i>			10:45AM-11:45AM (Group Exercise) <i>Michelle S.</i>	3:00PM-4:00PM (Group Exercise) <i>Wendy E.</i>
MixedFit Group Ex Studio 2 Sign Up			5:45PM-6:45PM (Group Exercise) <i>Jennifer I.</i>				
Step Group Exercise Studio 1 Sign Up				7:45AM-8:30AM (Group Exercise) <i>Mike L.</i>			
Joy Riders Cycle Cycle Studio Sign Up				8:30AM-9:15AM (Group Exercise) <i>Chris F.</i>			
Pilates Group Ex Studio 2 Sign Up				9:30AM-10:30AM (Group Exercise) <i>Colette G.</i>		9:40AM-10:30AM (Group Exercise) <i>Colette G.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RPM Cycle Sign Up				9:30AM-10:15AM (Group Exercise) <i>Richard E.</i> 5:30PM-6:15PM (Group Exercise) <i>Sarah V.</i>			
BODYCOMBAT Group Exercise Studio 1 Sign Up				9:30AM-10:30AM (Group Exercise) <i>Sarah M.</i> 5:30PM-6:15PM (Group Exercise) <i>Malinda</i>			2:00PM-2:45PM (Group Exercise) <i>Sarah V.</i>
Aqua Basics - Shallow Water Program Pool				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>Kim E.</i>			
SilverSneakers Circuit Group Ex Studio 2 Sign Up				12:15PM-1:00PM (Group Exercise) <i>Laura D.</i>	11:15AM-12:00PM (Group Exercise) <i>Celeste</i>		
Cardio Fusion Group Exercise Studio 1 Sign Up					8:15AM-9:00AM (Group Exercise) <i>Celeste</i>		
Senior Strength Training Group Ex Studio 2 Sign Up					8:30AM-9:15AM (Group Exercise) <i>Marcia</i>		
Cardio Dance Party Group Ex Studio 2 Sign Up					9:30AM-10:15AM (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>		
Hip Hop Group Exercise Studio 1 Sign Up					5:45PM-6:45PM (Group Exercise) <i>Jennifer G.</i>		
BODYATTACK Group Exercise Studio 1 Sign Up						9:25AM-10:10AM (Group Exercise) <i>Kaycee</i>	



Robinhood Road Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot Flow Hot Yoga Studio Sign Up			5:30AM-6:30AM (Group Exercise) <i>Sheila G.</i> 8:15AM-9:15AM (Group Exercise) <i>Sheila G.</i>	5:30AM-6:30AM (Group Exercise) <i>Sheila G.</i> 4:30PM-5:30PM (Group Exercise) <i>Gail W.</i> 6:00PM-7:00PM (Group Exercise) <i>Candice W.</i>	5:30AM-6:30AM (Group Exercise) <i>Sheila G.</i>	8:15AM-9:15AM (Group Exercise) <i>Luis U.</i>	2:15PM-3:15PM (Group Exercise) <i>Candice W.</i>
Metabolic Effect Group Exercise Studio Sign Up			5:30AM-6:15AM (Group Exercise) <i>Mary E.</i>		8:30AM-9:15AM (Group Exercise) <i>Mary E.</i>		
SPRINT Cycle Studio Sign Up			6:00AM-6:30AM (Group Exercise) <i>Aaron B.</i> 6:00PM-6:30PM (Group Exercise) <i>Aaron W.</i>	8:30AM-9:00AM (Group Exercise) <i>Debbie C.</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>Lauren H.</i>	
CANCELED: Sculpt and Burn Mind Body Studio Sign Up			6:00AM-7:00AM (Group Exercise) <i>Becky W.</i>				
Hot Power Flow Hot Yoga Studio Sign Up			7:00AM-8:00AM (Group Exercise) <i>Mary A.</i> 6:00PM-7:00PM (Group Exercise) <i>Jennifer C.</i>	9:15AM-10:15AM (Group Exercise) <i>Jennifer C.</i>	7:00AM-8:00AM (Group Exercise) <i>Mary A.</i> 6:00PM-7:00PM (Group Exercise) <i>Mary A.</i>		
BODYCOMBAT Group Exercise Studio Sign Up			8:30AM-9:30AM (Group Exercise) <i>Beth C.</i>		5:30AM-6:30AM (Group Exercise) <i>Mary E.</i>	9:45AM-10:45AM (Group Exercise) <i>Jennifer C.</i>	
Alignment Based Yoga Mind Body Studio Sign Up			9:00AM-10:00AM (Group Exercise) <i>Laura M.</i>	9:15AM-10:15AM (Group Exercise) <i>Wendy E.</i>			
RPM Cycle Studio Sign Up			9:30AM-10:25AM (Group Exercise) <i>Billy C.</i>				1:00PM-1:50PM (Group Exercise) <i>Gina O.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot Yoga Postures Hot Yoga Studio Sign Up			9:45AM-10:45AM (Group Exercise) <i>Brooke S.</i>			10:30AM-11:45AM (Group Exercise) <i>Candice W.</i>	3:30PM-4:30PM (Group Exercise) <i>Candice W.</i>
Senior Strength Training Group Exercise Studio Sign Up			9:45AM-10:30AM (Group Exercise) <i>Kim B.</i>				
SilverSneakers Classic Mind Body Studio Sign Up			10:45AM-11:30AM (Group Exercise) <i>Kim B.</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>		
Gentle//Restorative Yoga Hot Yoga Studio Sign Up			11:00AM-11:45AM (Group Exercise) <i>Brooke S.</i>	7:20PM-8:20PM (Group Exercise) <i>Candice W.</i>	11:00AM-12:00PM (Group Exercise) <i>Angie J.</i>		1:00PM-2:00PM (Group Exercise) <i>Tracy O.</i>
Silver Sneakers EnerChi Mind Body Studio Sign Up			11:45AM-12:30PM (Group Exercise) <i>Colleen B.</i>				
BODYPUMP Group Exercise Studio Sign Up			12:00PM-12:45PM (Group Exercise) <i>Joyce J.</i> 6:30PM-7:30PM (Group Exercise) <i>Debbie C.</i>	5:30AM-6:15AM (Group Exercise) <i>Blake S.</i> 5:30PM-6:15PM (Group Exercise) <i>Carolyn K.</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>Wendi K.</i>
Hot Yoga Sculpt Hot Yoga Studio Sign Up			4:30PM-5:15PM (Group Exercise) <i>Lauren S.</i> 7:15PM-8:00PM (Group Exercise) <i>Jarrius L.</i>	8:15AM-9:00AM (Group Exercise) <i>Brooke S.</i>		9:30AM-10:15AM (Group Exercise) <i>Karen S.</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>	
Hip Hop Cycle Cycle Studio Sign Up				5:30AM-6:20AM (Group Exercise) <i>Ahmad J.</i>			
Les Mills CORE Group Exercise Studio Sign Up				8:30AM-9:00AM (Group Exercise) <i>Beth C.</i>			2:45PM-3:15PM (Group Exercise) <i>Wendi K.</i>
BODYATTACK Group Exercise Studio Sign Up				9:15AM-10:00AM (Group Exercise) <i>Bruce</i>			
ZUMBA Group Exercise Studio Sign Up				10:30AM-11:15AM (Group Exercise) <i>Chelsea W.</i>	12:00PM-12:45PM (Group Exercise) <i>Cynthia C.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers Yoga Mind Body Studio Sign Up				10:45AM-11:30AM (Group Exercise) <i>Colleen B.</i>			
SilverSneakers Circuit Mind Body Studio Sign Up				12:30PM-1:15PM (Group Exercise) <i>Staff</i>	10:45AM-11:30AM (Group Exercise) <i>Cynthia C.</i>		
Les Mills BODYBALANCE Mind Body Studio Sign Up				4:30PM-5:15PM (Group Exercise) <i>Lindsay A.</i>		10:15AM-11:15AM (Group Exercise) <i>Carolyn K.</i>	3:45PM-4:45PM (Group Exercise) <i>Staff</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>Mary B.</i>	
Cycle Cycle Studio Sign Up				5:30PM-6:20PM (Group Exercise) <i>Gina O.</i>	8:30AM-9:15AM (Group Exercise) <i>George H.</i>		
Les Mills CORE Mind Body Studio Sign Up					5:30AM-6:15AM (Group Exercise) <i>Wendi K.</i>		
Yin Yoga Mind Body Studio Sign Up					8:15AM-9:15AM (Group Exercise) <i>Wendy E.</i>		
Hot Pilates Group Exercise Sign Up					8:15AM-9:15AM (Group Exercise) <i>Jarrius L.</i>		
Flow Yoga Mind Body Studio Sign Up					9:30AM-10:30AM (Group Exercise) <i>Wendy E.</i>		
Warm Flow Hot Yoga Studio Sign Up					9:45AM-10:45AM (Group Exercise) <i>Angie J.</i>		
Rhythm Ride Cycle Studio Sign Up						8:30AM-9:30AM (Group Exercise) <i>Michael P.</i>	
Hot Pilates Hot Yoga Studio Sign Up						12:00PM-1:00PM (Group Exercise) <i>Karen S.</i>	



Stokes Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Group Ex Studio 2 Sign Up			5:30AM-6:15AM (Group Exercise) <i>Renee S.</i> 8:30AM-9:15AM (Group Exercise) <i>Michelle B.</i>	6:00PM-6:45PM (Group Exercise) <i>Jill T.</i>	5:30AM-6:00AM (Group Exercise) <i>Nathan K.</i> 8:30AM-9:15AM (Group Exercise) <i>Jill T.</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>	9:45AM-10:45AM (Group Exercise) <i>Jill T.</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>Jill T.</i>		
ZUMBA Group Exercise Studio 1 Sign Up			9:30AM-10:30AM (Group Exercise) <i>Tiffany B.</i>				
Aquafit - Shallow Water Lap Lane			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>		
Hi/Lo Group Exercise Studio 1 Sign Up			10:40AM-11:25AM (Group Exercise) <i>Tiffany B.</i>				
SilverSneakers Classic Group Ex Studio 2 Sign Up			11:00AM-11:45AM (Group Exercise) <i>Bette M.</i>				
BODYPUMP Group Ex Studio 2 Sign Up			6:00PM-7:00PM (Group Exercise) <i>Staff</i>	5:30AM-6:00AM (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>	
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>	
HIIT Group Ex Studio 2 Sign Up				6:00AM-6:30AM (Group Exercise) <i>Amanda M.</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
Deep Water Extreme-Deep Water Lap Lane				10:00AM-10:45AM (Water Fitness) <i>Tammy T.</i>			
Senior Fit-Cardio Group Ex Studio 2 Sign Up				10:05AM-10:50AM (Group Exercise) <i>Renee S.</i>			
ZUMBA GOLD Group Exercise Studio 1 Sign Up				11:00AM-11:45AM (Group Exercise) <i>Sheila G.</i>			
Water Athletics - Deep Water				5:30PM-6:15PM (Water Fitness) <i>Barbara W.</i>			
Flow Yoga Group Exercise Studio 1 Sign Up					9:15AM-10:00AM (Group Exercise) <i>Casia B.</i>		
Gentle//Restorative Yoga Group Exercise Studio 1 Sign Up					10:15AM-11:15AM (Group Exercise) <i>Jill T.</i>		



William G. White, Jr. Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills CORE Group Exercise Studio Sign Up			5:45AM-6:30AM (Group Exercise) <i>Wendi K.</i>		9:25AM-9:55AM (Group Exercise) <i>Evelyn C.</i>		
AquaFit - Shallow Water Shallow - Program Pool			7:45AM-8:30AM (Water Fitness) <i>Anastasia M.</i>	7:45AM-8:30AM (Water Fitness) <i>Anastasia M.</i>	7:45AM-8:30AM (Water Fitness) <i>Anastasia M.</i>		
Total Body Sculpt Group Exercise Studio Sign Up			8:15AM-9:15AM (Group Exercise) <i>Jennifer L.</i>				
CANCELED: Power Flow Yoga Yoga and Stretch Studio Sign Up			8:30AM-9:30AM (Group Exercise) <i>Casia B.</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>		
ZUMBA Group Exercise Studio Sign Up			9:30AM-10:30AM (Group Exercise) <i>Marina F.</i>	6:40PM-7:40PM (Group Exercise) <i>Tawanda F.</i>		10:30AM-11:30AM (Group Exercise) <i>Tawanda F.</i>	
SilverSneakers Yoga Group Exercise Studio Sign Up			10:45AM-11:30AM (Group Exercise) <i>Cecile Y.</i>				

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

	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>	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>	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>	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>	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>	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>	10:00AM-11:00AM (Squash) <i>Staff</i>	12:00PM-1:00PM (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>	
			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			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>Jessica S.</i>	9:15AM-10:15AM (Group Exercise) <i>Bridgette B.</i>	12:30PM-1:15PM (Group Exercise) <i>Blake S.</i>
Power Flow Yoga Yoga and Stretch Studio Sign Up			6:00PM-7:00PM (Group Exercise) <i>Kriss D.</i>		12:00PM-1:00PM (Group Exercise) <i>Abi P.</i>		
Aqua HIIT - Shallow Water Shallow-Program Pool			7:15PM-8:00PM (Water Fitness) <i>Tracy R.</i>				
SPRINT Cycle Studio Sign Up				5:30AM-6:00AM (Group Exercise) <i>Aaron W.</i>		9:45AM-10:15AM (Group Exercise) <i>Aaron W.</i>	12:30PM-1:00PM (Group Exercise) <i>Staff</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>	
HIIT Group Exercise Studio Sign Up				9:45AM-10:30AM (Group Exercise) <i>Blake S.</i>	5:45AM-6:15AM (Group Exercise) <i>Kelly B.</i>		
Alignment Based Yoga Yoga and Stretch Studio Sign Up				10:45AM-11:45AM (Group Exercise) <i>Ryan P.</i> 12:00PM-1:00PM (Group Exercise) <i>Ryan P.</i>	9:00AM-10:00AM (Group Exercise) <i>Laura M.</i>		
SilverSneakers Classic Group Exercise Studio Sign Up				10:45AM-11:30AM (Group Exercise) <i>Staff</i>	11:55AM-12:40PM (Group Exercise) <i>Constance G.</i>		
Aqua Basics - Shallow Water Shallow-Program Pool				11:30AM-12:15PM (Water Fitness) <i>Sue M.</i>			
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>			
BODYCOMBAT Group Exercise Studio Sign Up				5:30PM-6:15PM (Group Exercise) <i>Staff</i>	8:30AM-9:15AM (Group Exercise) <i>Staff</i>		1:30PM-2:30PM (Group Exercise) <i>Staff</i>
Flow Yoga Yoga and Stretch Studio Sign Up				6:00PM-7:00PM (Group Exercise) <i>Cecile Y.</i>	5:00PM-6:00PM (Group Exercise) <i>Cecile Y.</i>		12:30PM-1:30PM (Group Exercise) <i>Cecile Y.</i>
BOOM Move Group Exercise Studio Sign Up					11:00AM-11:50AM (Group Exercise) <i>Constance G.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>	
Step Group Exercise Studio Sign Up						8:15AM-9:00AM (Group Exercise) <i>Mike L.</i>	
Hip Hop Cycle Cycle Studio Sign Up						8:30AM-9:20AM (Group Exercise) <i>Aisha W.</i>	
Gentle//Restorative Yoga Yoga and Stretch Studio Sign Up						11:00AM-12:00PM (Group Exercise) <i>Wendy E.</i>	



Kernersville Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>		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>	
RPM Cycle Studio Sign Up			8:30AM-9:15AM (Group Exercise) <i>Adrienne M.</i>			8:30AM-9:15AM (Group Exercise) <i>Michelle B.</i>	
Barre Group Exercise Studio Sign Up			9:30AM-10:30AM (Group Exercise) <i>Adrienne M.</i>		9:30AM-10:15AM (Group Exercise) <i>Ashley P.</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>		
Senior Fit-Cardio South Gym			10:45AM-11:30AM (Group Exercise) <i>Terri M.</i>				
Strength & Stretch - Shallow Program Pool			11:00AM-11:45AM (Water Fitness) <i>Staff</i>		11:00AM-11:45AM (Water Fitness) <i>Staff</i>		
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>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua HIIT - Shallow Water Program Pool			6:00PM-6:45PM (Water Fitness) <i>Staff</i>				
Hip Hop Cycle Cycle Studio Sign Up			6:00PM-7:00PM (Group Exercise) <i>Teresa H.</i>				
BODYPUMP Group Exercise Studio Sign Up			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>Keri E.</i>	
ZUMBA Mind Body Studio Sign Up			7:00PM-8:00PM (Group Exercise) <i>Ashley D.</i>				
Aqua Energizers-Deep Water Program Pool				8:00AM-8:45AM (Water Fitness) <i>Staff</i> 5:15PM-6:00PM (Water Fitness) <i>Staff</i>			
Pilates Mind Body Studio Sign Up				8:30AM-9:15AM (Group Exercise) <i>Karyn L.</i>			2:30PM-3:15PM (Group Exercise) <i>Karyn L.</i>
HIIT Group Exercise Studio Sign Up				9:00AM-9:30AM (Group Exercise) <i>Michelle B.</i>			
Cycle Cycle Studio Sign Up				9:40AM-10:25AM (Group Exercise) <i>Michelle B.</i>			
Les Mills BODYBALANCE Mind Body Studio Sign Up				9:40AM-10:40AM (Group Exercise) <i>Karyn L.</i>		11:00AM-12:00PM (Group Exercise) <i>Karyn L.</i>	
Senior Fit-Cardio & Weights Group Exercise Studio				10:45AM-11:30AM (Group Exercise) <i>Eleanor G.</i>			
Barre Mind Body Studio Sign Up				4:30PM-5:15PM (Group Exercise) <i>Eleanor G.</i>			
Total Body Sculpt Group Exercise Studio Sign Up				5:45PM-6:30PM (Group Exercise) <i>Joanne K.</i>			
Yoga Mind Body Studio Sign Up				5:45PM-6:45PM (Group Exercise) <i>Athena H.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills CORE Group Exercise Studio Sign Up					6:00AM-6:30AM (Group Exercise) <i>Leonia F.</i>		
SPRINT Cycle Studio Sign Up					8:30AM-9:00AM (Group Exercise) <i>Karyn L.</i>	9:45AM-10:15AM (Group Exercise) <i>Karyn L.</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>Ashley P.</i>		
Les Mills BODYBALANCE Group Exercise Studio Sign Up							3:30PM-4:30PM (Group Exercise) <i>Tracy L.</i>



Wilkes Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Energizers-Deep Water Lap Lanes 1-3			8:00AM-8:45AM (Water Fitness) Staff	5:45PM-6:30PM (Water Fitness) Staff	8:00AM-8:45AM (Water Fitness) Staff		
Cycle Cycle Studio Sign Up			8:00AM-8:45AM (Group Exercise) Katie H.	5:30PM-6:15PM (Group Exercise) Jennifer G.		8:10AM-8:55AM (Group Exercise) Natalie E.	
Pilates Group Exercise Studio Sign Up			9:00AM-9:45AM (Group Exercise) Wesley W.				
Aquafit - Shallow Water Shallow-Program Pool			9:00AM-9:45AM (Water Fitness) Staff		9:00AM-9:45AM (Water Fitness) Staff		
Strength & Stretch - Shallow Shallow-Program Pool			10:00AM-10:45AM (Water Fitness) Staff		10:00AM-10:45AM (Water Fitness) Staff 11:00AM-11:45AM (Water Fitness) Staff		
Joy Riders Cycle Cycle Studio Sign Up			10:30AM-11:00AM (Group Exercise) Cherie B.		10:30AM-11:00AM (Group Exercise) Staff		
Strength & Stability Shallow-Program Pool			11:00AM-11:45AM (Water Fitness) Staff				
BODYPUMP Group Exercise Studio Sign Up			12:00PM-1:00PM (Group Exercise) Ellen A. 5:30PM-6:15PM (Group Exercise) Kelley A.		12:00PM-12:45PM (Group Exercise) Kelley A.	9:15AM-10:15AM (Group Exercise) Natalie E.	
STRONG Nation Group Exercise Studio Sign Up			4:30PM-5:30PM (Group Exercise) Natalie L.				
Gentle//Restorative Yoga Group Exercise Studio Sign Up			6:30PM-7:30PM (Group Exercise) Erin J.	8:15AM-9:15AM (Group Exercise) Teri F.			
Cardio Dance Party Group Exercise Studio Sign Up				9:30AM-10:15AM (Group Exercise) Ellen A.			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers Classic Group Exercise Studio Sign Up				10:30AM-11:15AM (Group Exercise) <i>Ellen A.</i>			
ZUMBA Group Exercise Studio Sign Up				5:30PM-6:15PM (Group Exercise) <i>Natalie L.</i>			
Les Mills BODYBALANCE Group Exercise Studio Sign Up				6:30PM-7:15PM (Group Exercise) <i>Jennifer G.</i>	10:00AM-11:00AM (Group Exercise) <i>Sandra R.</i>		
Aquafit - Shallow Water Sunshine Pool				6:35PM-7:20PM (Water Fitness) <i>Staff</i>			
Step Group Exercise Studio Sign Up					9:00AM-9:45AM (Group Exercise) <i>Crystal P.</i>		
Flow Yoga Group Exercise Studio Sign Up						10:30AM-11:30AM (Group Exercise) <i>Michelle W.</i>	



Alexander County Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Joy Riders Cycle Group Exercise Studio Sign Up			8:15AM-8:45AM (Group Exercise) <i>Maddie B.</i>				
Cardio Fusion Group Exercise Studio Sign Up			9:00AM-9:45AM (Group Exercise) <i>Maddie B.</i>				
Cardio Dance Party Group Exercise Studio Sign Up			12:00PM-12:45PM (Group Exercise) <i>Jennifer P.</i>				
SilverSneakers Classic Group Exercise Studio Sign Up				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>			
Fitness Mayhem Group Exercise Studio Sign Up				5:30PM-6:15PM (Group Exercise) <i>Danny S.</i>			
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>Dawn R.</i>	



Yadkin Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RPM Group Exercise Studio Sign Up			8:15AM-9:00AM (Group Exercise) <i>Terry S.</i>				
BODYPUMP Gym Sign Up			9:10AM-9:55AM (Group Exercise) <i>Sherrie P.</i>	6:15PM-7:00PM (Group Exercise) <i>Sherrie P.</i>		9:45AM-10:30AM (Group Exercise) <i>Sherrie P.</i>	
Pilates Group Exercise Studio Sign Up			9:10AM-9:55AM (Group Exercise) <i>Celeste</i>	5:25PM-5:55PM (Group Exercise) <i>Jill W.</i>			
Aquafit - Shallow Water Lap Lanes 1-3			9:15AM-10:00AM (Water Fitness) <i>Frankie I.</i> 10:15AM-11:00AM (Water Fitness) <i>Jan W.</i>		9:15AM-10:00AM (Water Fitness) <i>Frankie I.</i> 10:15AM-11:00AM (Water Fitness) <i>Jan W.</i>		
Yoga Group Exercise Studio Sign Up			10:00AM-10:50AM (Group Exercise) <i>Sherrie P.</i>	10:10AM-10:50AM (Group Exercise) <i>Celeste</i>			
SilverSneakers Circuit Group Exercise Studio Sign Up			11:00AM-11:45AM (Group Exercise) <i>Celeste</i>	11:00AM-12:00PM (Group Exercise) <i>Celeste</i>			
Aqua Energizers-Deep Water Lap Lanes 1-3			11:15AM-12:00PM (Water Fitness) <i>Jan W.</i>		11:15AM-12:00PM (Water Fitness) <i>Jan W.</i>		
Chair Pilates Group Exercise Studio Sign Up			11:50AM-12:20PM (Group Exercise) <i>Celeste</i>				
SPRINT Group Exercise Studio Sign Up			5:30PM-6:00PM (Group Exercise) <i>Randy E.</i>	5:15AM-5:45AM (Group Exercise) <i>Lindsey W.</i>	8:15AM-8:45AM (Group Exercise) <i>Stephanie K.</i>	8:10AM-8:40AM (Group Exercise) <i>Terry S.</i>	
MixedFit Group Exercise Studio Sign Up			6:15PM-7:15PM (Group Exercise) <i>Farrah B.</i>				
Recovery Plus - Shallow Water Lap Lanes 1-3				8:15AM-9:00AM (Water Fitness) <i>Ruth S.</i>			
BOOM Move Group Exercise Studio Sign Up				9:00AM-9:30AM (Group Exercise) <i>Celeste</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Recovery - Shallow Water Lap Lanes 1-3				9:15AM-10:00AM (Water Fitness) <i>Ruth S.</i>			
Kettlebell Gym Sign Up				9:30AM-10:15AM (Group Exercise) <i>Juli</i>			
BOOM Muscle Group Exercise Studio Sign Up				9:35AM-10:05AM (Group Exercise) <i>Celeste</i>			
Strength & Stability Gym Sign Up				11:00AM-11:55AM (Group Exercise) <i>Juli</i>			
Joy Riders Cycle Group Exercise Studio Sign Up				4:30PM-5:15PM (Group Exercise) <i>Randy E.</i>			
Metabolic Effect Gym Sign Up				5:30PM-6:00PM (Group Exercise) <i>Sherrie P.</i>			
Hip Hop Group Exercise Studio Sign Up				6:05PM-7:05PM (Group Exercise) <i>Ashlyn B.</i>		9:35AM-11:00AM (Group Exercise) <i>Ashlyn B.</i>	
Core (freestyle) Group Exercise Studio Sign Up					9:00AM-9:30AM (Group Exercise) <i>Jade G.</i>		
Les Mills CORE Group Exercise Studio Sign Up						8:50AM-9:20AM (Group Exercise) <i>Terry S.</i>	
BODYCOMBAT Gym Sign Up						8:50AM-9:35AM (Group Exercise) <i>Stephanie K.</i>	



Davie Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>		
BODYPUMP Group Exercise Studio Sign Up			9:15AM-10:15AM (Group Exercise) <i>Jamie P.</i>	5:45AM-6:30AM (Group Exercise) <i>Anita Y.</i> 5:45PM-6:30PM (Group Exercise) <i>Kaycee</i>	9:30AM-10:15AM (Group Exercise) <i>Kaycee</i>		
Aquafit - Shallow Water Pool			9:30AM-10:15AM (Water Fitness) <i>Lorri C.</i>			8:15AM-9:00AM (Water Fitness) <i>Patty H.</i>	
SilverSneakers Yoga Mind Body Studio Sign Up			10:00AM-10:45AM (Group Exercise) <i>Melissa</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>		
SPRINT Group Exercise Studio Sign Up			5:30PM-6:00PM (Group Exercise) <i>Lisa</i>	9:30AM-10:00AM (Group Exercise) <i>Lisa</i>		9:00AM-9:30AM (Group Exercise) <i>Scarlet H.</i>	
Yoga Mind Body Studio Sign Up			6:10PM-7:00PM (Group Exercise) <i>Merlinda S.</i>				
Pilates Mind Body Studio Sign Up				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>			
SilverSneakers Classic Mind Body Studio Sign Up				10:00AM-10:45AM (Group Exercise) <i>Lorri C.</i>			
SilverSneakers Circuit Mind Body Studio Sign Up				11:00AM-11:45AM (Group Exercise) <i>Lorri C.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength & Stretch - Shallow Pool					9:30AM-10:15AM (Water Fitness) <i>Ann S.</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>	



Wilkes Express YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gentle//Restorative Yoga Group Exercise Studio Sign Up			9:00AM-10:00AM (Group Exercise) <i>Teri F.</i>				
SilverSneakers Classic Group Exercise Studio Sign Up			10:30AM-11:15AM (Group Exercise) <i>Julie R.</i>				
BOOM Muscle Group Exercise Studio Sign Up				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>			
Tai Chi Group Exercise Studio Sign Up					10:00AM-11:00AM (Group Exercise) <i>Steve J.</i>		



YMCA REACH Center at Winston Lake | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ZUMBA GOLD Group Exercise Sign Up			9:00AM-9:45AM (Group Exercise) <i>Cynthia C.</i>				
Joy Riders Cycle Group Exercise Sign Up			10:00AM-10:45AM (Group Exercise) <i>Constance G.</i>				
Strength & Stability Group Exercise Sign Up			11:15AM-12:00PM (Group Exercise) <i>Constance G.</i>				
Kettlebell Group Exercise Sign Up			6:00PM-6:45PM (Group Exercise) <i>Leon W.</i>				
Yoga Group Exercise Sign Up			7:00PM-7:45PM (Group Exercise) <i>Alexes J.</i>		10:30AM-11:30AM (Group Exercise) <i>Alexes J.</i>		
SilverSneakers Classic Group Exercise Sign Up				9:15AM-10:00AM (Group Exercise) <i>Cynthia C.</i> 10:15AM-11:00AM (Group Exercise) <i>Natarshia W.</i>			
Line Dancing Group Exercise Sign Up				11:15AM-12:00PM (Group Exercise) <i>Natarshia W.</i>			
Hip Hop Cycle Group Exercise Sign Up				6:00PM-7:00PM (Group Exercise) <i>Teresa H.</i>			
Grace in Motion Group Exercise Sign Up					9:15AM-10:15AM (Group Exercise) <i>Joy W.</i>		
ZUMBA Group Exercise Sign Up						9:00AM-10:00AM (Group Exercise) <i>Annie R.</i>	



Fulton Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Group Ex Studio Sign Up			9:30AM-10:15AM (Group Exercise) <i>Joyce J.</i>		9:30AM-10:15AM (Group Exercise) <i>Joyce J.</i>		
SilverSneakers Classic Group Ex Studio Sign Up			10:45AM-11:30AM (Group Exercise) <i>Joyce J.</i>	11:30AM-12:15PM (Group Exercise) <i>Annie R.</i>	10:45AM-11:30AM (Group Exercise) <i>Joyce J.</i>		
Yoga Group Ex Studio Sign Up				9:00AM-10:00AM (Group Exercise) <i>Casia B.</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>			
ZUMBA Group Ex Studio				10:30AM-11:15AM (Group Exercise) <i>Annie R.</i>			
BODYPUMP Group Ex Studio					8:30AM-9:15AM (Group Exercise) <i>Staff</i>		