



**William G. White, Jr. Family YMCA | August 25th - August 31st**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Racquetball Play</b> Racquetball Court 1 <a href="#">Sign Up</a>							12:00PM-1:00PM (Racquetball) <i>Staff</i>  1:00PM-2:00PM (Racquetball) <i>Staff</i>  2:00PM-3:00PM (Racquetball) <i>Staff</i>  3:00PM-4:00PM (Racquetball) <i>Staff</i>  4:00PM-5:00PM (Racquetball) <i>Staff</i>
<b>Racquetball Play</b> Racquetball Court 2 <a href="#">Sign Up</a>							12:00PM-1:00PM (Racquetball) <i>Staff</i>  1:00PM-2:00PM (Racquetball) <i>Staff</i>  2:00PM-3:00PM (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
<b>Squash</b> Squash Court 1 <a href="#">Sign Up</a>							12:00PM-1:00PM (Squash) <i>Staff</i>  1:00PM-2:00PM (Squash) <i>Staff</i>  2:00PM-3:00PM (Squash) <i>Staff</i>  3:00PM-4:00PM (Squash) <i>Staff</i>  4:00PM-5:00PM (Squash) <i>Staff</i>
<b>Squash</b> Squash Court 2 <a href="#">Sign Up</a>							12:00PM-1:00PM (Squash) <i>Staff</i>  1:00PM-2:00PM (Squash) <i>Staff</i>  2:00PM-3:00PM (Squash) <i>Staff</i>  3:00PM-4:00PM (Squash) <i>Staff</i>  4:00PM-5:00PM (Squash) <i>Staff</i>
<b>Flow Yoga</b> Yoga and Stretch Studio <a href="#">Sign Up</a>							12:30PM-1:30PM (Group Exercise) <i>Wendy E.</i>
<b>BODYPUMP</b> Group Exercise Studio <a href="#">Sign Up</a>							12:30PM-1:15PM (Group Exercise) <i>Blake S.</i>
<b>SPRINT</b> Cycle Studio <a href="#">Sign Up</a>							12:30PM-1:00PM (Group Exercise) <i>Randy L.</i>
<b>CANCELED: BODYCOMBAT</b> Group Exercise Studio <a href="#">Sign Up</a>							1:30PM-2:30PM (Group Exercise) <i>Staff</i>



Statesville Family YMCA | August 25th - August 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Swim Lane-30 Minutes- Main Pool</b> <a href="#">Sign Up</a>							1:00PM-1:30PM (Swim Lanes) Staff  1:45PM-2:15PM (Swim Lanes) Staff  2:30PM-3:00PM (Swim Lanes) Staff  3:15PM-3:45PM (Swim Lanes) Staff  4:00PM-4:30PM (Swim Lanes) Staff
<b>Swim Lane - 60 Min - Main Pool</b> <a href="#">Sign Up</a>							1:15PM-2:15PM (Swim Lanes) Staff  2:30PM-3:30PM (Swim Lanes) Staff
<b>Swim Lane-30 Minutes- Main Pool</b> Lap Lane <a href="#">Sign Up</a>							3:45PM-4:15PM (Swim Lanes) Staff



## Robinhood Road Family YMCA | August 25th - August 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Gentle//Restorative Yoga</b> Hot Yoga Studio <a href="#">Sign Up</a>							1:00PM-2:00PM (Group Exercise) <i>Tracy O.</i>
<b>RPM</b> Cycle Studio <a href="#">Sign Up</a>							1:00PM-1:50PM (Group Exercise) <i>Gina O.</i>
<b>BODYPUMP</b> Group Exercise Studio <a href="#">Sign Up</a>							1:30PM-2:30PM (Group Exercise) <i>Tim B.</i>
<b>Hot Flow</b> Hot Yoga Studio <a href="#">Sign Up</a>							2:15PM-3:15PM (Group Exercise) <i>Fontaine G.</i>
<b>Les Mills CORE</b> Group Exercise Studio <a href="#">Sign Up</a>							2:45PM-3:15PM (Group Exercise) <i>Evelyn C.</i>
<b>Hot Yoga Postures</b> Hot Yoga Studio <a href="#">Sign Up</a>							3:30PM-4:30PM (Group Exercise) <i>Fontaine G.</i>
<b>Les Mills BODYBALANCE</b> Mind Body Studio <a href="#">Sign Up</a>							3:45PM-4:45PM (Group Exercise) <i>Mary H.</i>



Jerry Long Family YMCA | August 25th - August 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYCOMBAT</b> Group Exercise Studio 1 <a href="#">Sign Up</a>							2:00PM-2:45PM (Group Exercise) <i>Chris F.</i>
<b>Yoga</b> Group Ex Studio 2 <a href="#">Sign Up</a>							3:00PM-4:00PM (Group Exercise) <i>Wendy E.</i>
<b>BODYPUMP</b> Group Exercise Studio 1 <a href="#">Sign Up</a>							3:00PM-3:45PM (Group Exercise) <i>Debbie C.</i>
<b>SPRINT</b> Cycle Studio <a href="#">Sign Up</a>							4:00PM-4:30PM (Group Exercise) <i>Jennifer J.</i>



**Kernersville Family YMCA | August 25th - August 31st**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pilates</b> Mind Body Studio <a href="#">Sign Up</a>							2:30PM-3:15PM (Group Exercise) <i>Adrienne M.</i>
<b>Barre</b> Group Exercise Studio <a href="#">Sign Up</a>							3:30PM-4:30PM (Group Exercise) <i>Karyn L.</i>