



William G. White, Jr. Family YMCA | April 21st - April 27th

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

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT Group Exercise Studio Sign Up					5:45AM-6:15AM (Group Exercise) <i>Kelly B.</i>		
AquaFit - Shallow Water Shallow - Program Pool					7:45AM-8:30AM (Water Fitness) <i>Anastasia M.</i>		
BODYCOMBAT Group Exercise Studio Sign Up					8:30AM-9:15AM (Group Exercise) <i>Rebecca B.</i>		1:30PM-2:30PM (Group Exercise) <i>Amy P.</i>
Aqua Energizers-Deep Water					8:45AM-9:30AM (Water Fitness) <i>Wendy V.</i>		
Alignment Based Yoga Yoga and Stretch Studio Sign Up					9:00AM-10:00AM (Group Exercise) <i>Laura M.</i>		
Les Mills CORE Group Exercise Studio Sign Up					9:25AM-9:55AM (Group Exercise) <i>Evelyn C.</i>		
BOOM Move Group Exercise Studio Sign Up					11:00AM-11:50AM (Group Exercise) <i>Constance G.</i>		
SilverSneakers Classic Group Exercise Studio Sign Up					11:55AM-12:40PM (Group Exercise) <i>Constance G.</i>		

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Racquetball Play Racquetball Court 2 Sign Up					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> 5:00PM-6:00PM (Racquetball) <i>Staff</i> 6:00PM-7:00PM (Racquetball) <i>Staff</i> 7:00PM-8:00PM (Racquetball) <i>Staff</i>	7:00AM-8:00AM (Racquetball) <i>Staff</i> 8:00AM-9:00AM (Racquetball) <i>Staff</i> 9:00AM-10:00AM (Racquetball) <i>Staff</i> 10:00AM-11:00AM (Racquetball) <i>Staff</i> 11:00AM-12:00PM (Racquetball) <i>Staff</i> 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>	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>
Power Flow Yoga and Stretch Studio Sign Up					12:00PM-1:00PM (Group Exercise) <i>Abi P.</i>		
Aqua Zumba Shallow - Program Pool					2:45PM-3:30PM (Water Fitness) <i>Staff</i>		
Flow Yoga Yoga and Stretch Studio Sign Up					5:00PM-6:00PM (Group Exercise) <i>Cecile Y.</i>		12:30PM-1:30PM (Group Exercise) <i>Mackenzie C.</i>
BODYPUMP Group Exercise Studio Sign Up					5:30PM-6:30PM (Group Exercise) <i>Susanna G.</i>	9:15AM-10:15AM (Group Exercise) <i>Bridgette B.</i>	12:30PM-1:15PM (Group Exercise) <i>Blake S.</i>
Aqua HIIT - Shallow Water Shallow - Program Pool						8:00AM-8:45AM (Water Fitness) <i>Natosha L.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step Group Exercise Studio Sign Up						8:15AM-9:00AM (Group Exercise) <i>Mike L.</i>	
SPRINT Cycle Studio Sign Up						9:45AM-10:15AM (Group Exercise) <i>Staff</i>	12:30PM-1:00PM (Group Exercise) <i>Randy L.</i>
Yogalates Yoga and Stretch Studio Sign Up						9:45AM-10:45AM (Group Exercise) <i>Staff</i>	
ZUMBA Group Exercise Studio Sign Up						10:30AM-11:30AM (Group Exercise) <i>Tawanda F.</i>	
Gentle//Restorative Yoga Yoga and Stretch Studio Sign Up						11:00AM-12:00PM (Group Exercise) <i>Wendy E.</i>	
Gospel Cycle Cycle Studio Sign Up							1:15PM-2:00PM (Group Exercise) <i>Ahmad J.</i>



Statesville Family YMCA | April 21st - April 27th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>Swim Lane - 60 Min - Main Pool</div> <div>Lap Lane</div> <div>Sign Up</div>					<div>5:15AM-6:15AM</div> <div>(Swim Lanes)</div> <div>Staff</div> <div>6:30AM-7:30AM</div> <div>(Swim Lanes)</div> <div>Staff</div> <div>7:45AM-8:45AM</div> <div>(Swim Lanes)</div> <div>Staff</div> <div>9:00AM-10:00AM</div> <div>(Swim Lanes)</div> <div>Staff</div> <div>10:15AM-11:15AM</div> <div>(Swim Lanes)</div> <div>Staff</div> <div>11:30AM-12:30PM</div> <div>(Swim Lanes)</div> <div>Staff</div> <div>12:45PM-1:45PM</div> <div>(Swim Lanes)</div> <div>Staff</div> <div>2:00PM-3:00PM</div> <div>(Swim Lanes)</div> <div>Staff</div> <div>3:15PM-4:15PM</div> <div>(Swim Lanes)</div> <div>Staff</div> <div>4:30PM-5:30PM</div> <div>(Swim Lanes)</div> <div>Staff</div> <div>5:45PM-6:45PM</div> <div>(Swim Lanes)</div> <div>Staff</div>		

	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>	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>
Senior Fit Group Exercise Studio Sign Up					8:00AM-8:45AM (Group Exercise) <i>Ann S.</i>		
Line Dancing Group Exercise Studio Sign Up					9:00AM-9:45AM (Group Exercise) <i>Paul L.</i>		
Pilates Mind and Body Studio Sign Up					9:30AM-10:30AM (Group Exercise) <i>Cinnamon B.</i>		
Joints in Motion-Shallow Water Lap Lane					10:00AM-10:45AM (Water Fitness) <i>Pat S.</i>		
BODYPUMP Group Exercise Studio Sign Up					10:00AM-11:00AM (Group Exercise) <i>VIRTUAL</i>	9:15AM-10:15AM (Group Exercise) <i>Suzanne G.</i>	
Strength & Stretch - Shallow Lap Lane					11:00AM-11:45AM (Water Fitness) <i>Pat S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>Staff</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>
Cycle Group Exercise Studio Sign Up						8:15AM-9:00AM (Group Exercise) <i>Matthew P.</i>	
Yoga Mind and Body Studio Sign Up						10:30AM-11:30AM (Group Exercise) <i>Morgan W.</i>	



Robinhood Road Family YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYCOMBAT Group Exercise Studio Sign Up					5:30AM-6:30AM (Group Exercise) <i>Mary E.</i>	9:45AM-10:45AM (Group Exercise) <i>Jennifer C.</i>	
Les Mills CORE Mind Body Studio Sign Up					5:30AM-6:15AM (Group Exercise) <i>Renate V.</i>		
Hot Flow Hot Yoga Studio Sign Up					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>Tracy O.</i>
SPRINT Cycle Studio Sign Up					6:00AM-6:30AM (Group Exercise) <i>Aaron W.</i>	9:45AM-10:15AM (Group Exercise) <i>Aaron W.</i>	
Hot Power Flow Hot Yoga Studio Sign Up					7:00AM-8:00AM (Group Exercise) <i>Casia B.</i> 6:00PM-7:00PM (Group Exercise) <i>Casia B.</i>		
Yin Yoga Mind Body Studio Sign Up					8:15AM-9:15AM (Group Exercise) <i>Kathy T.</i>		
Hot Yoga Postures Hot Yoga Studio Sign Up					8:15AM-9:15AM (Group Exercise) <i>Mary A.</i>	10:30AM-11:45AM (Group Exercise) <i>Fontaine G.</i>	3:30PM-4:30PM (Group Exercise) <i>Fontaine G.</i>
Metabolic Effect Group Exercise Studio Sign Up					8:30AM-9:15AM (Group Exercise) <i>Mary E.</i>		
Cycle Cycle Studio Sign Up					8:30AM-9:15AM (Group Exercise) <i>George H.</i>		
BODYPUMP Group Exercise Studio Sign Up					9:30AM-10:30AM (Group Exercise) <i>Beth C.</i>	8:30AM-9:30AM (Group Exercise) <i>Kim B.</i>	1:30PM-2:30PM (Group Exercise) <i>Jessica S.</i>
Flow Yoga Mind Body Studio Sign Up					9:30AM-10:30AM (Group Exercise) <i>Kathy T.</i>		
Warm Flow Hot Yoga Studio Sign Up					9:45AM-10:45AM (Group Exercise) <i>Angie J.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CANCELED: Pilates Group Exercise Studio Sign Up					10:45AM-11:45AM (Group Exercise) <i>Staff</i>		
SilverSneakers Circuit Mind Body Studio Sign Up					10:45AM-11:30AM (Group Exercise) <i>Cynthia C.</i>		
Gentle//Restorative Yoga Hot Yoga Studio Sign Up					11:00AM-12:00PM (Group Exercise) <i>Angie J.</i>		1:00PM-2:00PM (Group Exercise) <i>Tracy O.</i>
ZUMBA Group Exercise Studio Sign Up					12:00PM-12:45PM (Group Exercise) <i>Cynthia C.</i>		
RPM Cycle Studio Sign Up						8:30AM-9:20AM (Group Exercise) <i>VIRTUAL</i>	
Cardio Barre Mind Body Studio Sign Up						9:00AM-10:00AM (Group Exercise) <i>Laura W.</i>	
Hot Yoga Sculpt Hot Yoga Studio Sign Up						9:30AM-10:15AM (Group Exercise) <i>Rebekah J.</i>	
Les Mills BODYBALANCE Mind Body Studio Sign Up						10:15AM-11:15AM (Group Exercise) <i>Mary H.</i>	3:45PM-4:45PM (Group Exercise) <i>Mary H.</i>
Les Mills DANCE Group Exercise Studio Sign Up						11:00AM-11:45AM (Group Exercise) <i>Farah S.</i>	
CANCELED: Hot Pilates Hot Yoga Studio Sign Up						12:00PM-1:00PM (Group Exercise) <i>Sandra N.</i>	
Rhythm Ride Cycle Studio Sign Up							1:00PM-1:50PM (Group Exercise) <i>Michael P.</i>
Les Mills CORE Group Exercise Studio Sign Up							2:45PM-3:15PM (Group Exercise) <i>Debbie C.</i>



Jerry Long Family YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RPM Cycle Studio Sign Up					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					7:30AM-8:00AM (Group Exercise) <i>Debbie C.</i> 10:25AM-10:55AM (Group Exercise) <i>Marcia</i>	10:20AM-11:05AM (Group Exercise) <i>Marcia</i>	
Racquetball Play Racquetball Court 2 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>	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>	
Aqua HIIT - Shallow Water Program Pool					8:00AM-8:45AM (Water Fitness) <i>April B.</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>	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>	
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>		
BODYPUMP Group Exercise Studio 1 Sign Up					9:15AM-10:15AM (Group Exercise) <i>Emily</i>	8:15AM-9:15AM (Group Exercise) <i>Renate V.</i>	3:00PM-3:45PM (Group Exercise) <i>Anna Z.</i>
Cardio Dance Party Group Ex Studio 2 Sign Up					9:30AM-10:15AM (Group Exercise) <i>April B.</i>		
AquaFit - Shallow Water Program Pool					10:15AM-11:00AM (Water Fitness) <i>Brigitte L.</i>		
Silver Sneakers EnerChi Group Ex Studio 2 Sign Up					10:30AM-11:00AM (Group Exercise) <i>Michelle S.</i>		
Strength & Stretch - Shallow Program Pool					11:15AM-12:00PM (Water Fitness) <i>Judy A.</i>		
SilverSneakers Circuit Group Ex Studio 2 Sign Up					11:15AM-12:00PM (Group Exercise) <i>Celeste</i>		
SilverSneakers Yoga Group Ex Studio 2 Sign Up					12:15PM-1:00PM (Group Exercise) <i>Neal</i>		
Hip Hop Group Exercise Studio 1 Sign Up					5:45PM-6:45PM (Group Exercise) <i>Jennifer G.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills BODYBALANCE Group Ex Studio 2 Sign Up						8:30AM-9:30AM (Group Exercise) <i>Sarah V.</i>	
BODYATTACK Group Exercise Studio 1 Sign Up						9:25AM-10:10AM (Group Exercise) <i>Kaycee</i>	
GRIT FREE DEMO Training Center Sign Up						9:30AM-10:30AM (Group Exercise) <i>Emily</i>	
Pilates Group Ex Studio 2 Sign Up						9:40AM-10:30AM (Group Exercise) <i>Jarrius L.</i>	
Yoga Group Ex Studio 2 Sign Up						10:45AM-11:45AM (Group Exercise) <i>Michelle S.</i>	3:00PM-4:00PM (Group Exercise) <i>Wendy E.</i>
BODYCOMBAT Group Exercise Studio 1 Sign Up							2:00PM-2:45PM (Group Exercise) <i>Sarah M.</i>
SPRINT Cycle Studio Sign Up							4:00PM-4:30PM (Group Exercise) <i>Richard E.</i>



Stokes Family YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Group Ex Studio 2 Sign Up					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>	
Flow Yoga Group Exercise Studio 1 Sign Up					9:15AM-10:00AM (Group Exercise) <i>Casia B.</i>		
Les Mills CORE Group Ex Studio 2 Sign Up					9:30AM-10:00AM (Group Exercise) <i>Terra L.</i>		
Gentle//Restorative Yoga Group Exercise Studio 1 Sign Up					10:15AM-11:15AM (Group Exercise) <i>Casia B.</i>		
AquaFit - Shallow Water Lap Lane					10:30AM-11:15AM (Water Fitness) <i>Gerry B.</i>		
BODYPUMP Group Ex Studio 2 Sign Up						8:30AM-9:30AM (Group Exercise) <i>Sarah W.</i>	
Les Mills BODYBALANCE Group Exercise Studio 1 Sign Up						9:45AM-10:45AM (Group Exercise) <i>Sarah W.</i>	



Kernersville Family YMCA | April 21st - April 27th

	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>		
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>	8:05AM-8:50AM (Water Fitness) <i>Staff</i>	
SPRINT Cycle Studio Sign Up					8:30AM-9:00AM (Group Exercise) <i>Emilee M.</i>	9:45AM-10:15AM (Group Exercise) <i>Sabrina L.</i>	
SilverSneakers Classic Mind Body Studio Sign Up					9:30AM-10:15AM (Group Exercise) <i>Terri M.</i>		
Barre Group Exercise Studio Sign Up					9:30AM-10:15AM (Group Exercise) <i>Eleanor G.</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>Chelsea T.</i>		
Strength & Stretch - Shallow Program Pool					11:00AM-11:45AM (Water Fitness) <i>Staff</i>		
BODYPUMP Group Exercise Studio Sign Up						8:30AM-9:30AM (Group Exercise) <i>Angel T.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RPM Cycle Studio Sign Up						8:30AM-9:15AM (Group Exercise) <i>Adrienne M.</i>	
BODYCOMBAT Group Exercise Studio Sign Up						9:45AM-10:45AM (Group Exercise) <i>Amy P.</i>	3:30PM-4:30PM (Group Exercise) <i>Christin H.</i>
Les Mills BODYBALANCE Mind Body Studio Sign Up						11:00AM-12:00PM (Group Exercise) <i>Adrienne M.</i>	
Pilates Mind Body Studio Sign Up							2:30PM-3:15PM (Group Exercise) <i>Adrienne M.</i>



Wilkes Family YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Energizers-Deep Water Lap Lanes 1-3					8:00AM-8:45AM (Water Fitness) <i>Staff</i>		
AquaFit - Shallow Water Shallow-Program Pool					9:00AM-9:45AM (Water Fitness) <i>Staff</i>		
Step Group Exercise Studio Sign Up					9:00AM-9:45AM (Group Exercise) <i>Crystal P.</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>		
Yoga Group Exercise Studio Sign Up					10:00AM-11:00AM (Group Exercise) <i>Erin J.</i>		
Joy Riders Cycle Cycle Studio Sign Up					10:30AM-11:00AM (Group Exercise) <i>Isabel R.</i>		
BODYPUMP Group Exercise Studio Sign Up					12:00PM-12:45PM (Group Exercise) <i>Kelley A.</i>	9:15AM-10:15AM (Group Exercise) <i>Natalie E.</i>	
Cycle Cycle Studio Sign Up						8:10AM-8:55AM (Group Exercise) <i>Natalie E.</i>	
Les Mills BODYBALANCE Group Exercise Studio Sign Up						10:30AM-11:30AM (Group Exercise) <i>Natalie E.</i>	



Yadkin Family YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SPRINT Group Exercise Studio Sign Up					8:15AM-8:45AM (Group Exercise) <i>Terry S.</i>	8:10AM-8:40AM (Group Exercise) <i>Randy E.</i>	
Les Mills CORE Group Exercise Studio Sign Up					9:00AM-9:30AM (Group Exercise) <i>Jade G.</i>	8:50AM-9:20AM (Group Exercise) <i>Jade G.</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>		
Aqua Energizers-Deep Water Lap Lanes 1-3					11:15AM-12:00PM (Water Fitness) <i>Jan W.</i>		
BODYCOMBAT Gym Sign Up						8:50AM-9:35AM (Group Exercise) <i>Sherrie P.</i>	
Hip Hop Group Exercise Studio Sign Up						9:35AM-11:00AM (Group Exercise) <i>Ashlyn B.</i>	
BODYPUMP Gym Sign Up						9:45AM-10:30AM (Group Exercise) <i>Sherrie P.</i>	



Davie Family YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua HIIT - Shallow Water Pool					8:30AM-9:15AM (Water Fitness) <i>Lorri C.</i>		
Strength & Stretch - Shallow Pool					9:30AM-10:15AM (Water Fitness) <i>Ann S.</i>		
BODYPUMP Group Exercise Studio Sign Up					9:30AM-10:15AM (Group Exercise) <i>Bryttny B.</i>		
SilverSneakers Classic Mind and Body Studio Sign Up					10:00AM-10:45AM (Group Exercise) <i>Joyce S.</i>		
ZUMBA GOLD Group Exercise Studio Sign Up					11:00AM-11:45AM (Group Exercise) <i>Joyce S.</i>		
Aquafit - Shallow Water Pool						8:15AM-9:00AM (Water Fitness) <i>Patty H.</i>	
SPRINT Group Exercise Studio Sign Up						9:00AM-9:30AM (Group Exercise) <i>Richard E.</i>	
MixedFit Group Exercise Studio Sign Up						10:00AM-11:00AM (Group Exercise) <i>Jennifer I.</i>	



Fulton Family YMCA | April 21st - April 27th

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



Alexander County Family YMCA | April 21st - April 27th

	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>	
Cycle Group Exercise Studio Sign Up						9:45AM-10:30AM (Group Exercise) <i>Jessica J.</i>	



Wilkes Express YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tai Chi Group Exercise Studio Sign Up					10:00AM-11:00AM (Group Exercise) <i>Steve J.</i>		