



**Statesville Family YMCA | June 15th - June 21st**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Swim Lane-30 Minutes-Main Pool</b> Lap Lane <a href="#">Sign Up</a>					5:00AM-5:30AM (Swim Lanes) <i>Staff</i>  5:45AM-6:15AM (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>  10:15AM-10:45AM (Swim Lanes) <i>Staff</i>  12:00PM-12:30PM (Swim Lanes) <i>Staff</i>  12:45PM-1:15PM (Swim Lanes) <i>Staff</i>  1:30PM-2:00PM (Swim Lanes) <i>Staff</i>  2:15PM-2:45PM (Swim Lanes) <i>Staff</i>  3:00PM-3:30PM (Swim Lanes) <i>Staff</i>  3:45PM-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>  6:15PM-6:45PM (Swim Lanes) <i>Staff</i>		3:45PM-4:15PM (Swim Lanes) <i>Staff</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Swim Lane - 60 Min - Main Pool</b> Lap Lane <a href="#">Sign Up</a>					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>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Swim Lane-30 Minutes-Main Pool</b> <a href="#">Sign Up</a>					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>
<b>Senior Fit</b> Group Exercise Studio <a href="#">Sign Up</a>					8:00AM-8:45AM (Group Exercise) <i>Nancy E.</i>		
<b>Line Dancing</b> Group Exercise Studio <a href="#">Sign Up</a>					9:00AM-9:45AM (Group Exercise) <i>Paul L.</i>		
<b>Joints in Motion-Shallow Water</b> Lap Lane					10:00AM-10:45AM (Water Fitness) <i>Pat S.</i>		
<b>Pilates-Barre Fusion</b> Mind and Body Studio <a href="#">Sign Up</a>					10:00AM-11:00AM (Group Exercise) <i>Cherie G.</i>		
<b>BODYPUMP</b> Group Exercise Studio <a href="#">Sign Up</a>					10:00AM-11:00AM (Group Exercise) <i>Cindy L.</i>	9:15AM-10:15AM (Group Exercise) <i>Suzanne G.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Strength &amp; Stretch - Shallow</b> Lap Lane					11:00AM-11:45AM (Water Fitness) <i>Pat S.</i>		
<b>SilverSneakers Circuit</b> Group Exercise Studio <a href="#">Sign Up</a>					11:15AM-12:15PM (Group Exercise) <i>Margaret S.</i>		
<b>Somatic Yoga</b> Mind and Body Studio <a href="#">Sign Up</a>					11:15AM-12:15PM (Group Exercise) <i>Cherie G.</i>		
<b>Swim Lane - 60 Min - Main Pool</b> <a href="#">Sign Up</a>					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>	
<b>Cycle</b> Group Exercise Studio <a href="#">Sign Up</a>					8:15AM-9:00AM (Group Exercise) <i>Nacole S.</i>		
<b>Yoga</b> Mind and Body Studio <a href="#">Sign Up</a>					10:30AM-11:30AM (Group Exercise) <i>Melinda W.</i>		
<b>ZUMBA</b> Group Exercise Studio <a href="#">Sign Up</a>					10:30AM-11:30AM (Group Exercise) <i>Mariana G.</i>		



**William G. White, Jr. Family YMCA | June 15th - June 21st**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Squash</b> Squash Court 1 <a href="#">Sign Up</a>					5:00AM-6:00AM (Squash) <i>Staff</i>	7:00AM-8:00AM (Squash) <i>Staff</i>	12:00PM-1:00PM (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>
					7:00AM-8:00AM (Squash) <i>Staff</i>	9:00AM-10:00AM (Squash) <i>Staff</i>	2:00PM-3:00PM (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>
					9:00AM-10:00AM (Squash) <i>Staff</i>	11:00AM-12:00PM (Squash) <i>Staff</i>	4:00PM-5:00PM (Squash) <i>Staff</i>
					10:00AM-11:00AM (Squash) <i>Staff</i>	12:00PM-1:00PM (Squash) <i>Staff</i>	
					11:00AM-12:00PM (Squash) <i>Staff</i>	1:00PM-2:00PM (Squash) <i>Staff</i>	
					12:00PM-1:00PM (Squash) <i>Staff</i>	2:00PM-3:00PM (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
<b>Squash</b> Squash Court 2 <a href="#">Sign Up</a>					5:00AM-6:00AM (Squash) Staff	7:00AM-8:00AM (Squash) Staff	12:00PM-1:00PM (Squash) Staff
					6:00AM-7:00AM (Squash) Staff	8:00AM-9:00AM (Squash) Staff	1:00PM-2:00PM (Squash) Staff
					7:00AM-8:00AM (Squash) Staff	9:00AM-10:00AM (Squash) Staff	2:00PM-3:00PM (Squash) Staff
					8:00AM-9:00AM (Squash) Staff	10:00AM-11:00AM (Squash) Staff	3:00PM-4:00PM (Squash) Staff
					9:00AM-10:00AM (Squash) Staff	11:00AM-12:00PM (Squash) Staff	4:00PM-5:00PM (Squash) Staff
					10:00AM-11:00AM (Squash) Staff	12:00PM-1:00PM (Squash) Staff	
					11:00AM-12:00PM (Squash) Staff	1:00PM-2:00PM (Squash) Staff	
					12:00PM-1:00PM (Squash) Staff	2:00PM-3:00PM (Squash) Staff	
					1:00PM-2:00PM (Squash) Staff	3:00PM-4:00PM (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
<b>HIIT</b> Group Exercise Studio <a href="#">Sign Up</a>					5:45AM-6:15AM (Group Exercise) <i>Kelly B.</i>		
<b>Aquafit - Shallow Water</b> Shallow - Program Pool					7:45AM-8:30AM (Water Fitness) <i>Anastasia M.</i>		
<b>BODYCOMBAT</b> Group Exercise Studio <a href="#">Sign Up</a>					8:30AM-9:15AM (Group Exercise) <i>Emily E.</i>		
<b>Aqua Energizers-Deep Water</b>					8:45AM-9:30AM (Water Fitness) <i>Wendy V.</i>		
<b>Alignment Based Yoga</b> Yoga and Stretch Studio <a href="#">Sign Up</a>					9:00AM-10:00AM (Group Exercise) <i>Laura M.</i>		
<b>Les Mills CORE</b> Group Exercise Studio <a href="#">Sign Up</a>					9:25AM-9:55AM (Group Exercise) <i>Emily E.</i>		
<b>SilverSneakers Classic</b> Group Exercise Studio <a href="#">Sign Up</a>					10:15AM-11:00AM (Group Exercise) <i>Constance G.</i>  12:00PM-12:45PM (Group Exercise) <i>Constance G.</i>		
<b>BOOM Move</b> Group Exercise Studio <a href="#">Sign Up</a>					11:00AM-11:50AM (Group Exercise) <i>Constance G.</i>		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Racquetball Play</b> Racquetball Court 1 <a href="#">Sign Up</a>					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>	8:00AM-9:00AM (Racquetball) <i>Staff</i>	1:00PM-2:00PM (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>	10:00AM-11:00AM (Racquetball) <i>Staff</i>	3:00PM-4:00PM (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>	12:00PM-1:00PM (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>	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>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>  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>  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>
<b>Aqua Zumba</b> Shallow - Program Pool					2:45PM-3:30PM (Water Fitness) <i>Staff</i>		
<b>Flow Yoga</b> Yoga and Stretch Studio <a href="#">Sign Up</a>					5:00PM-6:00PM (Group Exercise) <i>Cecile Y.</i>		12:30PM-1:30PM (Group Exercise) <i>Cecile Y.</i>
<b>BODYPUMP</b> Group Exercise Studio <a href="#">Sign Up</a>					5:30PM-6:15PM (Group Exercise) <i>Blake S.</i>	9:15AM-10:15AM (Group Exercise) <i>Leslie P.</i>	12:30PM-1:15PM (Group Exercise) <i>Blake S.</i>
<b>Aqua HIIT - Shallow Water</b> Shallow - Program Pool						8:00AM-8:45AM (Water Fitness) <i>Natosha L.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Step</b> Group Exercise <a href="#">Sign Up</a>						8:15AM-9:00AM (Group Exercise) <i>Mike L.</i>	
<b>SPRINT</b> Cycle Studio <a href="#">Sign Up</a>						9:45AM-10:15AM (Group Exercise) <i>Erik B.</i>	12:30PM-1:00PM (Group Exercise) <i>Yassemin V.</i>
<b>Yogalates</b> Yoga and Stretch Studio <a href="#">Sign Up</a>						9:45AM-10:45AM (Group Exercise) <i>Cecile Y.</i>	
<b>ZUMBA</b> Group Exercise Studio <a href="#">Sign Up</a>						10:30AM-11:30AM (Group Exercise) <i>Tawanda F.</i>	
<b>Gentle//Restorative Yoga</b> Yoga and Stretch Studio <a href="#">Sign Up</a>						11:00AM-12:00PM (Group Exercise) <i>Wendy E.</i>	
<b>BODYCOMBAT</b> Group Exercise <a href="#">Sign Up</a>							1:30PM-2:30PM (Group Exercise) <i>Susanna G.</i>



## Jerry Long Family YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>RPM</b> Cycle Studio <a href="#">Sign Up</a>					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>Debbie C.</i>	
<b>Les Mills CORE</b> Group Exercise Studio 1 <a href="#">Sign Up</a>					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>Patty F.</i>	
<b>Racquetball Play</b> Racquetball Court 2 <a href="#">Sign Up</a>					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>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Racquetball Play</b> Racquetball Court 1 <a href="#">Sign Up</a>					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>	
<b>Cardio Fusion</b> Group Exercise Studio 1 <a href="#">Sign Up</a>					8:15AM-9:00AM (Group Exercise) <i>Celeste J.</i>		
<b>Senior Strength Training</b> Group Ex Studio 2 <a href="#">Sign Up</a>					8:30AM-9:15AM (Group Exercise) <i>Marcia S.</i>		
<b>BODYPUMP</b> Group Exercise Studio 1 <a href="#">Sign Up</a>					9:15AM-10:15AM (Group Exercise) <i>Emily</i>	8:15AM-9:15AM (Group Exercise) <i>Debbie C.</i>	3:00PM-3:45PM (Group Exercise) <i>Anna Z.</i>
<b>Cardio Dance Party</b> Group Ex Studio 2 <a href="#">Sign Up</a>					9:30AM-10:15AM (Group Exercise) <i>Celeste J.</i>		
<b>Aquafit - Shallow Water</b> Program Pool					10:15AM-11:00AM (Water Fitness) <i>Brigitte L.</i>		
<b>Silver Sneakers EnerChi</b> Group Ex Studio 2 <a href="#">Sign Up</a>					10:30AM-11:00AM (Group Exercise) <i>Michelle S.</i>		
<b>Strength &amp; Stretch - Shallow</b> Program Pool					11:15AM-12:00PM (Water Fitness) <i>Judy A.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SilverSneakers Circuit</b> Group Ex Studio 2 <a href="#">Sign Up</a>					11:15AM-12:00PM (Group Exercise) <i>Celeste J.</i>		
<b>SilverSneakers Yoga</b> Group Ex Studio 2 <a href="#">Sign Up</a>					12:15PM-1:00PM (Group Exercise) <i>Neal</i>		
<b>Hip Hop</b> Group Exercise Studio 1 <a href="#">Sign Up</a>					5:45PM-6:45PM (Group Exercise) <i>Jennifer G.</i>		
<b>Les Mills BODYBALANCE</b> Group Ex Studio 2 <a href="#">Sign Up</a>						8:30AM-9:30AM (Group Exercise) <i>Mandy</i>	
<b>BODYATTACK</b> Group Exercise Studio 1 <a href="#">Sign Up</a>						9:25AM-10:10AM (Group Exercise) <i>Kaycee</i>	
<b>Pilates</b> Group Ex Studio 2 <a href="#">Sign Up</a>						9:40AM-10:30AM (Group Exercise) <i>Mandy</i>	
<b>Yoga</b> Group Ex Studio 2 <a href="#">Sign Up</a>						10:45AM-11:45AM (Group Exercise) <i>Neal</i>	4:00PM-5:00PM (Group Exercise) <i>Wendy E.</i>
<b>Les Mills TONE</b> Group Exercise Studio 1 <a href="#">Sign Up</a>							2:00PM-2:45PM (Group Exercise) <i>Kaycee</i>



## Robinhood Road Family YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Hot Flow</b> Hot Yoga Studio <a href="#">Sign Up</a>					5:30AM-6:30AM (Group Exercise) <i>Fontaine G.</i>	8:15AM-9:15AM (Group Exercise) <i>Avery C.</i>	2:15PM-3:15PM (Group Exercise) <i>Candice W.</i>
<b>Les Mills CORE</b> Mind Body Studio <a href="#">Sign Up</a>					5:30AM-6:15AM (Group Exercise) <i>Wendi K.</i>		
<b>BODYCOMBAT</b> Group Exercise Studio <a href="#">Sign Up</a>					5:30AM-6:30AM (Group Exercise) <i>Chris F.</i>	9:45AM-10:45AM (Group Exercise) <i>Carolyn K.</i>	
<b>SPRINT</b> Cycle Studio <a href="#">Sign Up</a>					6:00AM-6:30AM (Group Exercise) <i>Erik B.</i>	9:45AM-10:15AM (Group Exercise) <i>Joyce J.</i>	
<b>Hot Power Flow</b> Hot Yoga Studio <a href="#">Sign Up</a>					7:00AM-8:00AM (Group Exercise) <i>Sandra N.</i>  5:45PM-6:45PM (Group Exercise) <i>Sandra N.</i>		
<b>Yin Yoga</b> Mind Body Studio <a href="#">Sign Up</a>					8:15AM-9:15AM (Group Exercise) <i>Kathy T.</i>		
<b>Hot Pilates</b> Hot Yoga Studio <a href="#">Sign Up</a>					8:15AM-9:15AM (Group Exercise) <i>Sandra N.</i>	12:00PM-1:00PM (Group Exercise) <i>Brooke S.</i>	
<b>Metabolic Effect</b> Group Exercise Studio <a href="#">Sign Up</a>					8:30AM-9:15AM (Group Exercise) <i>Mary E.</i>		
<b>Cycle</b> Cycle Studio <a href="#">Sign Up</a>					8:30AM-9:15AM (Group Exercise) <i>George H.</i>		
<b>BODYPUMP</b> Group Exercise Studio <a href="#">Sign Up</a>					9:30AM-10:30AM (Group Exercise) <i>Jessica S.</i>	8:30AM-9:30AM (Group Exercise) <i>Candice W.</i>	1:30PM-2:30PM (Group Exercise) <i>Staff</i>
<b>Flow Yoga</b> Mind Body Studio <a href="#">Sign Up</a>					9:30AM-10:30AM (Group Exercise) <i>Lauren S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Warm Flow</b> Hot Yoga Studio <a href="#">Sign Up</a>					9:45AM-10:45AM (Group Exercise) <i>Angie J.</i>		
<b>SilverSneakers Circuit</b> Mind Body Studio <a href="#">Sign Up</a>					10:45AM-11:30AM (Group Exercise) <i>Cynthia C.</i>		
<b>Pilates</b> Group Exercise Studio <a href="#">Sign Up</a>					10:45AM-11:45AM (Group Exercise) <i>Alanna H.</i>		
<b>Gentle//Restorative Yoga</b> Hot Yoga Studio <a href="#">Sign Up</a>					11:00AM-12:00PM (Group Exercise) <i>Angie J.</i>	1:15PM-2:15PM (Group Exercise) <i>Candice W.</i>	1:00PM-2:00PM (Group Exercise) <i>Tracy O.</i>
<b>ZUMBA</b> Group Exercise Studio <a href="#">Sign Up</a>					12:00PM-12:45PM (Group Exercise) <i>Cynthia C.</i>		
<b>Hot Pilates</b> Group Exercise Studio <a href="#">Sign Up</a>					4:30PM-5:30PM (Group Exercise) <i>Sandra N.</i>		
<b>Hot Yoga Sculpt</b> Hot Yoga Studio <a href="#">Sign Up</a>					7:00PM-7:45PM (Group Exercise) <i>Karen S.</i>	9:30AM-10:15AM (Group Exercise) <i>Rebekah J.</i>	
<b>Rhythm Ride</b> Cycle Studio <a href="#">Sign Up</a>						8:30AM-9:30AM (Group Exercise) <i>Michael P.</i>	
<b>Cardio Barre</b> Mind Body Studio <a href="#">Sign Up</a>						9:00AM-10:00AM (Group Exercise) <i>Mary H.</i>	
<b>Les Mills BODYBALANCE</b> Mind Body Studio <a href="#">Sign Up</a>						10:15AM-11:15AM (Group Exercise) <i>Candice W.</i>	3:45PM-4:45PM (Group Exercise) <i>Mary H.</i>
<b>Hot Yoga Postures</b> Hot Yoga Studio <a href="#">Sign Up</a>						10:30AM-11:45AM (Group Exercise) <i>Brooke S.</i>	3:30PM-4:30PM (Group Exercise) <i>Candice W.</i>
<b>Les Mills DANCE</b> Group Exercise Studio <a href="#">Sign Up</a>						11:00AM-11:45AM (Group Exercise) <i>Carolyn K.</i>	
<b>RPM</b> Cycle Studio <a href="#">Sign Up</a>							1:00PM-1:50PM (Group Exercise) <i>Gina O.</i>

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Les Mills CORE</b> Group Exercise Studio <a href="#">Sign Up</a>							2:45PM-3:15PM (Group Exercise) <i>Debbie C.</i>



## Stokes Family YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>CANCELED: Cycle</b> Group Ex Studio 2 <a href="#">Sign Up</a>					5:30AM-6:00AM (Group Exercise) <i>Nathan K.</i>		
<b>Cycle</b> Group Ex Studio 2 <a href="#">Sign Up</a>					8:30AM-9:15AM (Group Exercise) <i>Terra L.</i>	9:45AM-10:30AM (Group Exercise) <i>Cindy G.</i>	
<b>CANCELED: Slow Flow Yoga</b> Group Exercise Studio 1 <a href="#">Sign Up</a>					9:00AM-10:00AM (Group Exercise) <i>Julie C.</i>		
<b>Les Mills CORE</b> Group Ex Studio 2 <a href="#">Sign Up</a>					9:30AM-10:00AM (Group Exercise) <i>Terra L.</i>		
<b>Aquafit - Shallow Water</b> Lap Lane					10:30AM-11:15AM (Water Fitness) <i>Gerry B.</i>		
<b>CANCELED: Gentle//Restorative Yoga</b> Group Exercise Studio 1 <a href="#">Sign Up</a>					10:30AM-11:30AM (Group Exercise) <i>Julie C.</i>		
<b>BODYPUMP</b> Group Ex Studio 2 <a href="#">Sign Up</a>						8:30AM-9:30AM (Group Exercise) <i>Sarah W.</i>	
<b>Les Mills BODYBALANCE</b> Group Exercise Studio 1 <a href="#">Sign Up</a>						9:45AM-10:45AM (Group Exercise) <i>Sarah W.</i>	



## Kernersville Family YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>CANCELED: Les Mills CORE</b> Group Exercise Studio <a href="#">Sign Up</a>					6:00AM-6:30AM (Group Exercise) <i>Leonia F.</i>		
<b>Aquafit - Shallow Water</b> 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>	
<b>BODYPUMP</b> Group Exercise Studio <a href="#">Sign Up</a>					7:00AM-7:45AM (Group Exercise) <i>Michelle B.</i>	8:30AM-9:30AM (Group Exercise) <i>Keri E.</i>	
<b>SPRINT</b> Cycle Studio <a href="#">Sign Up</a>					8:30AM-9:00AM (Group Exercise) <i>Sabrina L.</i>	9:45AM-10:15AM (Group Exercise) <i>Kimberly B.</i>	
<b>SilverSneakers Classic</b> Mind Body Studio <a href="#">Sign Up</a>					9:30AM-10:15AM (Group Exercise) <i>Terri M.</i>		
<b>Barre</b> Group Exercise Studio <a href="#">Sign Up</a>					9:30AM-10:15AM (Group Exercise) <i>Ashley P.</i>		
<b>Senior Cardio Blast</b> Group Exercise Studio					10:30AM-11:00AM (Group Exercise) <i>Terri M.</i>		
<b>Gentle//Restorative Yoga</b> Mind Body Studio <a href="#">Sign Up</a>					10:45AM-11:45AM (Group Exercise) <i>Ashley P.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Strength &amp; Stretch - Shallow</b> Program Pool					11:00AM-11:45AM (Water Fitness) <i>Staff</i>		
<b>Racquetball Play</b> Court 1 <a href="#">Sign Up</a>					4:00PM-5:00PM (Racquetball) <i>Staff</i>  5:00PM-6:00PM (Racquetball) <i>Staff</i>  6:00PM-7:00PM (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>  5:00PM-6:00PM (Racquetball) <i>Staff</i>
<b>Racquetball Play</b> Court 2 <a href="#">Sign Up</a>					4:00PM-5:00PM (Racquetball) <i>Staff</i>  5:00PM-6:00PM (Racquetball) <i>Staff</i>  6:00PM-7:00PM (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>  5:00PM-6:00PM (Racquetball) <i>Staff</i>
<b>RPM</b> Cycle Studio <a href="#">Sign Up</a>						8:30AM-9:15AM (Group Exercise) <i>Adrienne M.</i>	
<b>BODYCOMBAT</b> Group Exercise Studio <a href="#">Sign Up</a>						9:45AM-10:45AM (Group Exercise) <i>Amy P.</i>	
<b>Les Mills BODYBALANCE</b> Mind Body Studio <a href="#">Sign Up</a>						11:00AM-12:00PM (Group Exercise) <i>Adrienne M.</i>	

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



## Fulton Family YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP</b> Group Ex Studio <a href="#">Sign Up</a>					8:00AM-8:45AM (Group Exercise) <i>Martha G.</i>		
<b>Cycle</b> Group Ex Studio <a href="#">Sign Up</a>					9:00AM-9:45AM (Group Exercise) <i>Joyce J.</i>		
<b>SilverSneakers Classic</b> Group Ex Studio <a href="#">Sign Up</a>					10:00AM-10:45AM (Group Exercise) <i>Joyce J.</i>		



## Wilkes Express YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Balance and Coordination ST</b> Group Exercise Studio					8:00AM-8:45AM (Group Exercise) <i>Bob P.</i>		
<b>Gentle//Restorative Yoga</b> Group Exercise Studio <a href="#">Sign Up</a>					9:00AM-10:00AM (Group Exercise) <i>Teri F.</i>		
<b>Tai Chi</b> Group Exercise Studio <a href="#">Sign Up</a>					10:00AM-11:00AM (Group Exercise) <i>Steve J.</i>		



## Wilkes Family YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aqua Energizers-Deep Water</b> Lap Lanes 1-3					8:00AM-8:45AM (Water Fitness) <i>Staff</i>		
<b>Aquafit - Shallow Water</b> Shallow-Program Pool					9:00AM-9:45AM (Water Fitness) <i>Staff</i>		
<b>Step</b> Group Exercise Studio <a href="#">Sign Up</a>					9:00AM-9:45AM (Group Exercise) <i>Crystal P.</i>		
<b>Strength &amp; Stretch - Shallow</b> Shallow-Program Pool					10:00AM-10:45AM (Water Fitness) <i>Staff</i>  11:00AM-11:45AM (Water Fitness) <i>Staff</i>		
<b>Les Mills BODYBALANCE</b> Group Exercise Studio <a href="#">Sign Up</a>					10:00AM-11:00AM (Group Exercise) <i>Sandra R.</i>	10:30AM-11:30AM (Group Exercise) <i>Natalie E.</i>	
<b>Joy Riders Cycle</b> Cycle Studio <a href="#">Sign Up</a>					11:00AM-11:30AM (Group Exercise) <i>Carlie S.</i>		
<b>BODYPUMP</b> Group Exercise Studio <a href="#">Sign Up</a>					12:00PM-1:00PM (Group Exercise) <i>Carlie S.</i>	9:15AM-10:15AM (Group Exercise) <i>Natalie E.</i>	
<b>Cycle</b> Cycle Studio <a href="#">Sign Up</a>						8:10AM-8:55AM (Group Exercise) <i>Natalie E.</i>	



## Yadkin Family YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SPRINT</b> Studio 2 <a href="#">Sign Up</a>					8:15AM-8:45AM (Group Exercise) <i>Stephanie K.</i>	8:15AM-8:45AM (Group Exercise) <i>Stephanie K.</i>	
<b>Core (freestyle)</b> Studio 2 <a href="#">Sign Up</a>					9:00AM-9:30AM (Group Exercise) <i>Stephanie K.</i>		
<b>Aquafit - Shallow Water</b> Lap Lanes 1-3					9:15AM-10:00AM (Water Fitness) <i>Frankie I.</i>  10:15AM-11:00AM (Water Fitness) <i>Jan W.</i>		
<b>ZUMBA GOLD</b> Studio 1 <a href="#">Sign Up</a>					10:00AM-10:45AM (Group Exercise) <i>Kim E.</i>		
<b>Aqua Energizers-Deep Water</b> Lap Lanes 1-3					11:15AM-12:00PM (Water Fitness) <i>Jan W.</i>		
<b>BODYCOMBAT</b> Studio 1 <a href="#">Sign Up</a>						8:15AM-9:00AM (Group Exercise) <i>Sherrie P.</i>	
<b>Les Mills Shapes</b> Gym <a href="#">Sign Up</a>						9:10AM-9:40AM (Group Exercise) <i>Natalie P.</i>	
<b>BODYPUMP</b> Studio 1 <a href="#">Sign Up</a>						9:15AM-10:00AM (Group Exercise) <i>Sherrie P.</i>	
<b>Hip Hop</b> Studio 1 <a href="#">Sign Up</a>						10:15AM-11:15AM (Group Exercise) <i>Ashlyn B.</i>	



## Davie Family YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aqua HIIT - Shallow Water</b> Pool					8:30AM-9:15AM (Water Fitness) <i>Ann S.</i>		
<b>Strength &amp; Stretch - Shallow</b> Pool					9:30AM-10:15AM (Water Fitness) <i>Ann S.</i>		
<b>BODYPUMP</b> Group Exercise Studio <a href="#">Sign Up</a>					9:30AM-10:20AM (Group Exercise) <i>Kylie P.</i>		
<b>SilverSneakers Classic</b> Mind and Body Studio <a href="#">Sign Up</a>					10:00AM-10:45AM (Group Exercise) <i>Joyce S.</i>		
<b>ZUMBA GOLD</b> Group Exercise Studio <a href="#">Sign Up</a>					11:00AM-11:45AM (Group Exercise) <i>Joyce S.</i>		
<b>Aquafit - Shallow Water</b> Pool						8:15AM-9:00AM (Water Fitness) <i>Patty H.</i>	
<b>SPRINT</b> Group Exercise Studio						8:15AM-8:45AM (Group Exercise) <i>VIRTUAL</i>	
<b>Les Mills TONE</b> Group Exercise Studio <a href="#">Sign Up</a>						9:00AM-9:45AM (Group Exercise) <i>Jamie P.</i>	
<b>MixedFit</b> Group Exercise Studio <a href="#">Sign Up</a>						10:00AM-11:00AM (Group Exercise) <i>Jennifer I.</i>	



## YMCA REACH Center at Winston Lake | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aquafit - Shallow Water</b> Group Exercise					9:00AM-9:45AM (Water Fitness) <i>Staff</i>		
<b>Grace in Motion</b> Group Exercise <a href="#">Sign Up</a>					9:15AM-10:15AM (Group Exercise) <i>Joy W.</i>		
<b>Chair Yoga</b> Group Exercise <a href="#">Sign Up</a>					10:30AM-11:30AM (Group Exercise) <i>Alexes J.</i>		
<b>ZUMBA</b> Group Exercise <a href="#">Sign Up</a>						9:00AM-9:45AM (Group Exercise) <i>Adrianna O.</i>	



## Alexander County Family YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga</b> Group Exercise Studio <a href="#">Sign Up</a>						8:30AM-9:30AM (Group Exercise) <i>Dawn R.</i>	