



# Kernersville Family YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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>	7:00AM-7:45AM (Water Fitness) <i>Staff</i>		7:00AM-7:45AM (Water Fitness) <i>Staff</i>	8:05AM-8:50AM (Water Fitness) <i>Staff</i>	
	8:00AM-8:45AM (Water Fitness) <i>Staff</i>		8:00AM-8:45AM (Water Fitness) <i>Staff</i>		8:00AM-8:45AM (Water Fitness) <i>Staff</i>		
	9:00AM-9:45AM (Water Fitness) <i>Staff</i>		9:00AM-9:45AM (Water Fitness) <i>Staff</i>		9:00AM-9:45AM (Water Fitness) <i>Staff</i>		
	10:00AM-10:45AM (Water Fitness) <i>Staff</i>		10:00AM-10:45AM (Water Fitness) <i>Staff</i>		10:00AM-10:45AM (Water Fitness) <i>Staff</i>		
<b>Strength &amp; Stretch - Shallow</b> Program Pool	11:00AM-11:45AM (Water Fitness) <i>Staff</i>		11:00AM-11:45AM (Water Fitness) <i>Staff</i>		11:00AM-11:45AM (Water Fitness) <i>Staff</i>		
<b>Aqua HIIT - Shallow Water</b> Program Pool	6:00PM-6:45PM (Water Fitness) <i>Staff</i>						
<b>Aqua Energizers-Deep Water</b> Program Pool		5:15PM-6:00PM (Water Fitness) <i>Staff</i>		8:00AM-8:45AM (Water Fitness) <i>Staff</i>			
				5:15PM-6:00PM (Water Fitness) <i>Staff</i>			



## William G. White, Jr. Family YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aquafit - Shallow Water</b> 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>	7:45AM-8:30AM (Water Fitness) <i>Anastasia M.</i>		
<b>Aqua Energizers-Deep Water</b> Lap Lane*	8:45AM-9:30AM (Water Fitness) <i>Wendy V.</i>	12:45PM-1:30PM (Water Fitness) <i>Samuel M.</i>					
<b>Strength &amp; Stretch - Shallow</b> Shallow - Program Pool	11:00AM-11:45AM (Water Fitness) <i>Joy R.</i>						
<b>Aqua Basics - Shallow Water</b> Shallow-Program Pool		8:15AM-9:00AM (Water Fitness) <i>Joy R.</i>  11:30AM-12:15PM (Water Fitness) <i>Sue M.</i>		11:30AM-12:15PM (Water Fitness) <i>Sue M.</i>			
<b>Aqua Energizers-Deep Water</b>			8:45AM-9:30AM (Water Fitness) <i>Wendy V.</i>		8:45AM-9:30AM (Water Fitness) <i>Wendy V.</i>		
<b>Aqua HIIT - Shallow Water</b> Shallow-Program Pool			7:15PM-8:00PM (Water Fitness) <i>Tracy R.</i>				
<b>Aqua Energizers-Deep Water</b> Lap Lane				12:45PM-1:30PM (Water Fitness) <i>Samuel M.</i>			
<b>Aqua Zumba</b> Shallow - Program Pool					2:45PM-3:30PM (Water Fitness) <i>Staff</i>		
<b>Aqua HIIT - Shallow Water</b> Shallow - Program Pool						8:00AM-8:45AM (Water Fitness) <i>Natosha L.</i>	



## Jerry Long Family YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aqua Energizers-Deep Water</b> Program Pool	8:00AM-8:45AM (Water Fitness) <i>April B.</i>	8:00AM-8:45AM (Water Fitness) <i>Anne</i>					
<b>Aquafit - Shallow Water</b> Program Pool	10:15AM-11:00AM (Water Fitness) <i>Brigitte L.</i>	7:15AM-8:00AM (Water Fitness) <i>Anne</i>	10:15AM-11:00AM (Water Fitness) <i>Brigitte L.</i>		10:15AM-11:00AM (Water Fitness) <i>Brigitte L.</i>		
<b>Strength &amp; Stretch - Shallow</b> Program Pool	11:15AM-12:00PM (Water Fitness) <i>Judy A.</i>	11:00AM-11:45AM (Water Fitness) <i>Maria E.</i>	11:15AM-12:00PM (Water Fitness) <i>Judy A.</i>	11:00AM-11:45AM (Water Fitness) <i>Maria E.</i>	11:15AM-12:00PM (Water Fitness) <i>Judy A.</i>		
<b>Aqua HIIT - Shallow Water</b> Program Pool	7:15PM-8:00PM (Water Fitness) <i>Natosha L.</i>		7:15AM-8:00AM (Water Fitness) <i>April B.</i>  9:15AM-10:00AM (Water Fitness) <i>April B.</i>	7:15AM-8:00AM (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>		
<b>Aqua Basics - Shallow Water</b> Program Pool		10:15AM-11:00AM (Water Fitness) <i>Maria E.</i>		10:15AM-11:00AM (Water Fitness) <i>Maria E.</i>			



## Wilkes Family YMCA | May 18th - May 24th

	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>	9:30AM-10:15AM (Water Fitness) <i>Staff</i>	8:00AM-8:45AM (Water Fitness) <i>Staff</i>		8:00AM-8:45AM (Water Fitness) <i>Staff</i>		
<b>Aquafit - Shallow Water</b> Lap Lanes 1-3	9:00AM-9:45AM (Water Fitness) <i>Staff</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>		10:00AM-10:45AM (Water Fitness) <i>Staff</i>		10:00AM-10:45AM (Water Fitness) <i>Staff</i>  11:00AM-11:45AM (Water Fitness) <i>Staff</i>		
<b>Aquafit - Shallow Water</b> Shallow-Program Pool			9:00AM-9:45AM (Water Fitness) <i>Staff</i>		9:00AM-9:45AM (Water Fitness) <i>Staff</i>		
<b>Strength &amp; Stability</b> Shallow-Program Pool			11:00AM-11:45AM (Water Fitness) <i>Staff</i>				



## Davie Family YMCA | May 18th - May 24th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Aquafit - Shallow Water</b> Pool	8:30AM-9:15AM (Water Fitness) <i>Lorri C.</i>		9:30AM-10:15AM (Water Fitness) <i>Lorri C.</i>			8:15AM-9:00AM (Water Fitness) <i>Patty H.</i>	
<b>Strength &amp; Stretch - Shallow</b> Pool	9:30AM-10:15AM (Water Fitness) <i>Lorri C.</i>				9:30AM-10:15AM (Water Fitness) <i>Ann S.</i>		
<b>Deep Water Extreme-Deep</b> Pool		9:30AM-10:15AM (Water Fitness) <i>Ann S.</i>  10:30AM-11:15AM (Water Fitness) <i>Ann S.</i>		9:30AM-10:15AM (Water Fitness) <i>Ann S.</i>  10:30AM-11:15AM (Water Fitness) <i>Ann S.</i>			
<b>Aqua HIIT - Shallow Water</b> Pool			8:30AM-9:15AM (Water Fitness) <i>Lorri C.</i>		8:30AM-9:15AM (Water Fitness) <i>Ann S.</i>		



## Statesville Family YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aqua Energizers-Deep Water</b> Lap Lane	9:00AM-9:45AM (Water Fitness) <i>Joan V.</i>		9:00AM-9:45AM (Water Fitness) <i>Joan V.</i>				
<b>Joints in Motion-Shallow Water</b> Lap Lane	10:00AM-10:45AM (Water Fitness) <i>Joan V.</i>		10:00AM-10:45AM (Water Fitness) <i>Joan V.</i>		10:00AM-10:45AM (Water Fitness) <i>Pat S.</i>		
<b>Strength &amp; Stretch - Shallow</b>	11:00AM-11:45AM (Water Fitness) <i>Pat S.</i>		11:00AM-11:45AM (Water Fitness) <i>Pat S.</i>				
<b>Aqua Deep/Shallow Water Combo</b> Lap Lane		9:00AM-9:45AM (Water Fitness) <i>Joan V.</i>		9:00AM-9:45AM (Water Fitness) <i>Joan V.</i>			
<b>Water Recovery - Shallow Water</b> Lap Lane		10:00AM-10:45AM (Water Fitness) <i>Joan V.</i>		10:00AM-10:45AM (Water Fitness) <i>Joan V.</i>			
<b>Aquafit - Shallow Water</b> Lap Lane		4:00PM-5:00PM (Water Fitness) <i>Christa R.</i>		4:00PM-5:00PM (Water Fitness) <i>Christa R.</i>			
<b>Strength &amp; Stretch - Shallow</b> Lap Lane					11:00AM-11:45AM (Water Fitness) <i>Pat S.</i>		



## YMCA REACH Center at Winston Lake | May 18th - May 24th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Aquafit - Shallow Water</b> Group Exercise	9:00AM-9:45AM (Water Fitness) <i>Staff</i>		9:00AM-9:45AM (Water Fitness) <i>Staff</i>		9:00AM-9:45AM (Water Fitness) <i>Staff</i>		



## Yadkin Family YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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>		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>		
<b>Aqua Energizers-Deep Water</b> Lap Lanes 1-3	11:15AM-12:00PM (Water Fitness) <i>Jan W.</i>		11:15AM-12:00PM (Water Fitness) <i>Jan W.</i>		11:15AM-12:00PM (Water Fitness) <i>Jan W.</i>		
<b>Recovery Plus - Shallow Water</b> Lap Lanes 1-3		8:15AM-9:00AM (Water Fitness) <i>Ruth S.</i>		8:15AM-9:00AM (Water Fitness) <i>Ruth S.</i>			
<b>Water Recovery - Shallow Water</b> Lap Lanes 1-3		9:15AM-10:00AM (Water Fitness) <i>Ruth S.</i>		9:15AM-10:00AM (Water Fitness) <i>Ruth S.</i>			



## Stokes Family YMCA | May 18th - May 24th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Aquafit - Shallow Water</b> Lap Lane	10:30AM-11:15AM (Water Fitness) <i>Gerry B.</i>	11:15AM-12:00PM (Water Fitness) <i>Laurel J.</i>	10:30AM-11:15AM (Water Fitness) <i>Gerry B.</i>	11:15AM-12:00PM (Water Fitness) <i>Staff</i>	10:30AM-11:15AM (Water Fitness) <i>Gerry B.</i>		
<b>Deep Water Extreme-Deep Water</b> Lap Lane		10:00AM-10:45AM (Water Fitness) <i>Tammy T.</i>		10:00AM-10:45AM (Water Fitness) <i>Tammy T.</i>			
<b>Water Athletics - Deep Water</b>		5:30PM-6:15PM (Water Fitness) <i>Barbara W.</i>		5:30PM-6:15PM (Water Fitness) <i>Barbara W.</i>			



## Fulton Family YMCA | May 18th - May 24th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Aquafit</b> - <b>Shallow</b> <b>Water</b> Pool		9:30AM-10:15AM (Water Fitness) <i>Brigitte L.</i>  10:15AM-11:00AM (Water Fitness) <i>Brigitte L.</i>		9:30AM-10:15AM (Water Fitness) <i>Brigitte L.</i>  10:15AM-11:00AM (Water Fitness) <i>Brigitte L.</i>			