



**Statesville Family YMCA | July 14th - July 20th**

	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>	5:00AM-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
<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>  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>		
<b>Senior Fit</b> Group Exercise Studio <a href="#">Sign Up</a>			8:00AM-8:45AM (Group Exercise) <i>Ann S.</i>		8:00AM-8:45AM (Group Exercise) <i>Ann S.</i>		
<b>Gentle//Restorative Yoga</b> Mind and Body Studio <a href="#">Sign Up</a>			8:15AM-9:15AM (Group Exercise) <i>Jade K.</i>				
<b>Line Dancing</b> Group Exercise Studio <a href="#">Sign Up</a>			9:00AM-9:45AM (Group Exercise) <i>Paul L.</i>		9:00AM-9:45AM (Group Exercise) <i>Paul L.</i>		
<b>Aqua Energizers-Deep Water</b> Lap Lane			9:15AM-10:00AM (Water Fitness) <i>Joan V.</i>				
<b>Pilates</b> Mind and Body Studio <a href="#">Sign Up</a>			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
<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>Pat S.</i>		
<b>BODYPUMP</b> Group Exercise Studio <a href="#">Sign Up</a>			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>	
<b>Strength &amp; Stretch - Shallow</b>			11:00AM-11:45AM (Water Fitness) <i>Pat S.</i>				
<b>Balance and Coordination ST</b> Group Exercise Studio <a href="#">Sign Up</a>			11:15AM-12:15PM (Group Exercise) <i>Margaret S.</i>				
<b>Vinyasa Yoga</b> Mind and Body Studio <a href="#">Sign Up</a>			5:30PM-6:30PM (Group Exercise) <i>Cheryl W.</i>				
<b>Hip Hop</b> Group Exercise Studio <a href="#">Sign Up</a>			6:35PM-7:20PM (Group Exercise) <i>Dee L.</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>	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>Cycle</b> Group Exercise Studio <a href="#">Sign Up</a>				8:00AM-8:45AM (Group Exercise) <i>Angie R.</i>		8:15AM-9:00AM (Group Exercise) <i>Matthew P.</i>	
<b>Aqua Deep/Shallow Water Combo</b> Lap Lane				8:15AM-9:00AM (Water Fitness) <i>Joan V.</i>			
<b>Cardio Fusion</b> Group Exercise Studio <a href="#">Sign Up</a>				9:00AM-9:45AM (Group Exercise) <i>Angie R.</i>			
<b>Yoga</b> Mind and Body Studio <a href="#">Sign Up</a>				9:00AM-10:00AM (Group Exercise) <i>Cheryl W.</i>		10:30AM-11:30AM (Group Exercise) <i>Cheryl W.</i>	
<b>Water Recovery - Shallow Water</b>				10:00AM-10:45AM (Water Fitness) <i>Jocelyn S.</i>			
<b>Les Mills CORE</b> Group Exercise Studio <a href="#">Sign Up</a>				10:00AM-10:30AM (Group Exercise) <i>Daniel G.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Chair Yoga</b> Mind and Body Studio <a href="#">Sign Up</a>				10:15AM-11:15AM (Group Exercise) <i>Cheryl W.</i>			
<b>SilverSneakers Classic</b> Group Exercise Studio <a href="#">Sign Up</a>				11:15AM-12:15PM (Group Exercise) <i>Debbie S.</i>			
<b>AquaFit - Shallow Water</b> Lap Lane				12:30PM-1:30PM (Water Fitness) <i>Christa R.</i>			
<b>HIIT</b> Group Exercise Studio <a href="#">Sign Up</a>				5:30PM-6:15PM (Group Exercise) <i>Nacole S.</i>			
<b>Yogalates</b> Mind and Body Studio <a href="#">Sign Up</a>				6:30PM-7:30PM (Group Exercise) <i>Megan A.</i>			
<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>Swim Lane - 60 Min - Main Pool</b> <a href="#">Sign Up</a>						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
<b>RPM</b> Cycle Studio <a href="#">Sign Up</a>			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>	
<b>Les Mills CORE</b> Group Exercise Studio 1 <a href="#">Sign Up</a>			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>	
<b>Aqua HIIT - Shallow Water</b> 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
<b>Racquetball Play</b> Racquetball Court 2 <a href="#">Sign Up</a>			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
<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> 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>	
<b>HIIT</b> Group Exercise Studio 1 <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>			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
<b>BODYPUMP</b> Group Exercise Studio 1 <a href="#">Sign Up</a>			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>
<b>Les Mills BODYBALANCE</b> Group Ex Studio 2 <a href="#">Sign Up</a>			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>	
<b>Aquafit - Shallow Water</b> Program Pool			10:15AM-11:00AM (Water Fitness) <i>Brigitte L.</i>		10:15AM-11:00AM (Water Fitness) <i>Brigitte L.</i>		
<b>ZUMBA</b> Group Exercise Studio 1 <a href="#">Sign Up</a>			10:30AM-11:30AM (Group Exercise) <i>Cynthia C.</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>		
<b>SilverSneakers Yoga</b> Group Ex Studio 2 <a href="#">Sign Up</a>			11:15AM-12:00PM (Group Exercise) <i>Neal</i>		12:15PM-1:00PM (Group Exercise) <i>Celeste</i>		
<b>SilverSneakers Classic</b> Group Ex Studio 2 <a href="#">Sign Up</a>			12:15PM-1:00PM (Group Exercise) <i>Meaghan C.</i>				
<b>Yoga</b> Group Ex Studio 2 <a href="#">Sign Up</a>			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>
<b>MixedFit</b> Group Ex Studio 2 <a href="#">Sign Up</a>			5:45PM-6:45PM (Group Exercise) <i>Jennifer I.</i>				
<b>Step</b> Group Exercise Studio 1 <a href="#">Sign Up</a>				7:45AM-8:30AM (Group Exercise) <i>Mike L.</i>			
<b>Joy Riders Cycle</b> Cycle Studio <a href="#">Sign Up</a>				8:30AM-9:15AM (Group Exercise) <i>Chris F.</i>			
<b>Pilates</b> Group Ex Studio 2 <a href="#">Sign Up</a>				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
<b>RPM</b> Cycle <a href="#">Sign Up</a>				9:30AM-10:15AM (Group Exercise) <i>Richard E.</i>  5:30PM-6:15PM (Group Exercise) <i>Sarah V.</i>			
<b>BODYCOMBAT</b> Group Exercise Studio 1 <a href="#">Sign Up</a>				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>
<b>Aqua Basics - Shallow Water</b> Program Pool				10:15AM-11:00AM (Water Fitness) <i>Maria E.</i>			
<b>ZUMBA GOLD</b> Group Ex Studio 2 <a href="#">Sign Up</a>				10:45AM-11:30AM (Group Exercise) <i>Kim E.</i>			
<b>SilverSneakers Circuit</b> Group Ex Studio 2 <a href="#">Sign Up</a>				12:15PM-1:00PM (Group Exercise) <i>Laura D.</i>	11:15AM-12:00PM (Group Exercise) <i>Celeste</i>		
<b>Cardio Fusion</b> Group Exercise Studio 1 <a href="#">Sign Up</a>					8:15AM-9:00AM (Group Exercise) <i>Celeste</i>		
<b>Senior Strength Training</b> Group Ex Studio 2 <a href="#">Sign Up</a>					8:30AM-9:15AM (Group Exercise) <i>Marcia</i>		
<b>Cardio Dance Party</b> Group Ex Studio 2 <a href="#">Sign Up</a>					9:30AM-10:15AM (Group Exercise) <i>April B.</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>Hip Hop</b> Group Exercise Studio 1 <a href="#">Sign Up</a>					5:45PM-6:45PM (Group Exercise) <i>Jennifer G.</i>		
<b>BODYATTACK</b> Group Exercise Studio 1 <a href="#">Sign Up</a>						9:25AM-10:10AM (Group Exercise) <i>Kaycee</i>	



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

	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>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>
<b>Metabolic Effect</b> Group Exercise Studio <a href="#">Sign Up</a>			5:30AM-6:15AM (Group Exercise) <i>Mary E.</i>		8:30AM-9:15AM (Group Exercise) <i>Mary E.</i>		
<b>SPRINT</b> Cycle Studio <a href="#">Sign Up</a>			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>	
<b>CANCELED: Sculpt and Burn</b> Mind Body Studio <a href="#">Sign Up</a>			6:00AM-7:00AM (Group Exercise) <i>Becky W.</i>				
<b>Hot Power Flow</b> Hot Yoga Studio <a href="#">Sign Up</a>			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>		
<b>BODYCOMBAT</b> Group Exercise Studio <a href="#">Sign Up</a>			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>	
<b>Alignment Based Yoga</b> Mind Body Studio <a href="#">Sign Up</a>			9:00AM-10:00AM (Group Exercise) <i>Laura M.</i>	9:15AM-10:15AM (Group Exercise) <i>Wendy E.</i>			
<b>RPM</b> Cycle Studio <a href="#">Sign Up</a>			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
<b>Hot Yoga Postures</b> Hot Yoga Studio <a href="#">Sign Up</a>			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>
<b>Senior Strength Training</b> Group Exercise Studio <a href="#">Sign Up</a>			9:45AM-10:30AM (Group Exercise) <i>Kim B.</i>				
<b>SilverSneakers Classic</b> Mind Body Studio <a href="#">Sign Up</a>			10:45AM-11:30AM (Group Exercise) <i>Kim B.</i>				
<b>Pilates</b> Group Exercise Studio <a href="#">Sign Up</a>			10:45AM-11:45AM (Group Exercise) <i>Colette G.</i>		10:45AM-11:45AM (Group Exercise) <i>Colette G.</i>		
<b>Gentle//Restorative Yoga</b> Hot Yoga Studio <a href="#">Sign Up</a>			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>
<b>Silver Sneakers EnerChi</b> Mind Body Studio <a href="#">Sign Up</a>			11:45AM-12:30PM (Group Exercise) <i>Colleen B.</i>				
<b>BODYPUMP</b> Group Exercise Studio <a href="#">Sign Up</a>			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>
<b>Hot Yoga Sculpt</b> Hot Yoga Studio <a href="#">Sign Up</a>			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>	
<b>Les Mills DANCE</b> Group Exercise Studio <a href="#">Sign Up</a>			5:30PM-6:15PM (Group Exercise) <i>Carolyn K.</i>			11:00AM-11:45AM (Group Exercise) <i>Joyce J.</i>	
<b>Hip Hop Cycle</b> Cycle Studio <a href="#">Sign Up</a>				5:30AM-6:20AM (Group Exercise) <i>Ahmad J.</i>			
<b>Les Mills CORE</b> Group Exercise Studio <a href="#">Sign Up</a>				8:30AM-9:00AM (Group Exercise) <i>Beth C.</i>			2:45PM-3:15PM (Group Exercise) <i>Wendi K.</i>
<b>BODYATTACK</b> Group Exercise Studio <a href="#">Sign Up</a>				9:15AM-10:00AM (Group Exercise) <i>Bruce</i>			
<b>ZUMBA</b> Group Exercise Studio <a href="#">Sign Up</a>				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
<b>SilverSneakers Yoga</b> Mind Body Studio <a href="#">Sign Up</a>				10:45AM-11:30AM (Group Exercise) <i>Colleen B.</i>			
<b>SilverSneakers Circuit</b> Mind Body Studio <a href="#">Sign Up</a>				12:30PM-1:15PM (Group Exercise) <i>Staff</i>	10:45AM-11:30AM (Group Exercise) <i>Cynthia C.</i>		
<b>Les Mills BODYBALANCE</b> Mind Body Studio <a href="#">Sign Up</a>				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>
<b>Cardio Barre</b> Mind Body Studio <a href="#">Sign Up</a>				5:30PM-6:15PM (Group Exercise) <i>Mary B.</i>		9:00AM-10:00AM (Group Exercise) <i>Mary B.</i>	
<b>Cycle</b> Cycle Studio <a href="#">Sign Up</a>				5:30PM-6:20PM (Group Exercise) <i>Gina O.</i>	8:30AM-9:15AM (Group Exercise) <i>George H.</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>Yin Yoga</b> Mind Body Studio <a href="#">Sign Up</a>					8:15AM-9:15AM (Group Exercise) <i>Wendy E.</i>		
<b>Hot Pilates</b> Group Exercise <a href="#">Sign Up</a>					8:15AM-9:15AM (Group Exercise) <i>Jarrius L.</i>		
<b>Flow Yoga</b> Mind Body Studio <a href="#">Sign Up</a>					9:30AM-10:30AM (Group Exercise) <i>Wendy E.</i>		
<b>Warm Flow</b> Hot Yoga Studio <a href="#">Sign Up</a>					9:45AM-10:45AM (Group Exercise) <i>Angie J.</i>		
<b>Rhythm Ride</b> Cycle Studio <a href="#">Sign Up</a>						8:30AM-9:30AM (Group Exercise) <i>Michael P.</i>	
<b>Hot Pilates</b> Hot Yoga Studio <a href="#">Sign Up</a>						12:00PM-1:00PM (Group Exercise) <i>Karen S.</i>	



## Stokes Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> Group Ex Studio 2 <a href="#">Sign Up</a>			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>	
<b>Yoga</b> Group Exercise Studio 1 <a href="#">Sign Up</a>			6:25AM-7:00AM (Group Exercise) <i>Renee S.</i>	9:45AM-10:45AM (Group Exercise) <i>Jill T.</i>			
<b>Les Mills CORE</b> Group Ex Studio 2 <a href="#">Sign Up</a>			9:30AM-10:00AM (Group Exercise) <i>Michelle B.</i>		9:30AM-10:00AM (Group Exercise) <i>Jill T.</i>		
<b>ZUMBA</b> Group Exercise Studio 1 <a href="#">Sign Up</a>			9:30AM-10:30AM (Group Exercise) <i>Tiffany B.</i>				
<b>Aquafit - Shallow Water</b> 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>		
<b>Hi/Lo</b> Group Exercise Studio 1 <a href="#">Sign Up</a>			10:40AM-11:25AM (Group Exercise) <i>Tiffany B.</i>				
<b>SilverSneakers Classic</b> Group Ex Studio 2 <a href="#">Sign Up</a>			11:00AM-11:45AM (Group Exercise) <i>Bette M.</i>				
<b>BODYPUMP</b> Group Ex Studio 2 <a href="#">Sign Up</a>			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>	
<b>Les Mills BODYBALANCE</b> Group Exercise Studio 1 <a href="#">Sign Up</a>			7:00PM-7:45PM (Group Exercise) <i>Allison S.</i>			9:45AM-10:45AM (Group Exercise) <i>Sarah W.</i>	
<b>HIIT</b> Group Ex Studio 2 <a href="#">Sign Up</a>				6:00AM-6:30AM (Group Exercise) <i>Amanda M.</i>			
<b>BODYCOMBAT</b> Group Ex Studio 2 <a href="#">Sign Up</a>				9:25AM-9:55AM (Group Exercise) <i>Sarah W.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Deep Water Extreme-Deep Water</b> Lap Lane				10:00AM-10:45AM (Water Fitness) <i>Tammy T.</i>			
<b>Senior Fit-Cardio</b> Group Ex Studio 2 <a href="#">Sign Up</a>				10:05AM-10:50AM (Group Exercise) <i>Renee S.</i>			
<b>ZUMBA GOLD</b> Group Exercise Studio 1 <a href="#">Sign Up</a>				11:00AM-11:45AM (Group Exercise) <i>Sheila G.</i>			
<b>Water Athletics - Deep Water</b>				5:30PM-6:15PM (Water Fitness) <i>Barbara W.</i>			
<b>Flow Yoga</b> Group Exercise Studio 1 <a href="#">Sign Up</a>					9:15AM-10:00AM (Group Exercise) <i>Casia B.</i>		
<b>Gentle//Restorative Yoga</b> Group Exercise Studio 1 <a href="#">Sign Up</a>					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
<b>Les Mills CORE</b> Group Exercise Studio <a href="#">Sign Up</a>			5:45AM-6:30AM (Group Exercise) <i>Wendi K.</i>		9:25AM-9:55AM (Group Exercise) <i>Evelyn C.</i>		
<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>		
<b>Total Body Sculpt</b> Group Exercise Studio <a href="#">Sign Up</a>			8:15AM-9:15AM (Group Exercise) <i>Jennifer L.</i>				
<b>CANCELED: Power Flow Yoga</b> Yoga and Stretch Studio <a href="#">Sign Up</a>			8:30AM-9:30AM (Group Exercise) <i>Casia B.</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>ZUMBA</b> Group Exercise Studio <a href="#">Sign Up</a>			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>	
<b>SilverSneakers Yoga</b> Group Exercise Studio <a href="#">Sign Up</a>			10:45AM-11:30AM (Group Exercise) <i>Cecile Y.</i>				

	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>	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
<b>Racquetball Play</b> Racquetball Court 2 <a href="#">Sign Up</a>			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
<b>Squash</b> Squash Court 1 <a href="#">Sign Up</a>			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>	8:00PM-9:00PM (Squash) <i>Staff</i>	1:00PM-2:00PM (Squash) <i>Staff</i>	3:00PM-4:00PM (Squash) <i>Staff</i>	
			8:00PM-9:00PM (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>			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
<b>BODYPUMP</b> Group Exercise Studio <a href="#">Sign Up</a>			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>
<b>Power Flow Yoga</b> Yoga and Stretch Studio <a href="#">Sign Up</a>			6:00PM-7:00PM (Group Exercise) <i>Kriss D.</i>		12:00PM-1:00PM (Group Exercise) <i>Abi P.</i>		
<b>Aqua HIIT - Shallow Water</b> Shallow-Program Pool			7:15PM-8:00PM (Water Fitness) <i>Tracy R.</i>				
<b>SPRINT</b> Cycle Studio <a href="#">Sign Up</a>				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>
<b>Yogalates</b> Yoga and Stretch Studio <a href="#">Sign Up</a>				6:00AM-7:00AM (Group Exercise) <i>Mackenzie C.</i>		9:45AM-10:45AM (Group Exercise) <i>Cecile Y.</i>	
<b>HIIT</b> Group Exercise Studio <a href="#">Sign Up</a>				9:45AM-10:30AM (Group Exercise) <i>Blake S.</i>	5:45AM-6:15AM (Group Exercise) <i>Kelly B.</i>		
<b>Alignment Based Yoga</b> Yoga and Stretch Studio <a href="#">Sign Up</a>				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>		
<b>SilverSneakers Classic</b> Group Exercise Studio <a href="#">Sign Up</a>				10:45AM-11:30AM (Group Exercise) <i>Staff</i>	11:55AM-12:40PM (Group Exercise) <i>Constance G.</i>		
<b>Aqua Basics - Shallow Water</b> Shallow-Program Pool				11:30AM-12:15PM (Water Fitness) <i>Sue M.</i>			
<b>Aqua Energizers-Deep Water</b> Lap Lane				12:45PM-1:30PM (Water Fitness) <i>Samuel M.</i>			
<b>Rhythm Ride</b> Cycle Studio <a href="#">Sign Up</a>				5:30PM-6:30PM (Group Exercise) <i>Michael P.</i>			
<b>BODYCOMBAT</b> Group Exercise Studio <a href="#">Sign Up</a>				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>
<b>Flow Yoga</b> Yoga and Stretch Studio <a href="#">Sign Up</a>				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>
<b>BOOM Move</b> Group Exercise Studio <a href="#">Sign Up</a>					11:00AM-11:50AM (Group Exercise) <i>Constance G.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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>	
<b>Step</b> Group Exercise Studio <a href="#">Sign Up</a>						8:15AM-9:00AM (Group Exercise) <i>Mike L.</i>	
<b>Hip Hop Cycle</b> Cycle Studio <a href="#">Sign Up</a>						8:30AM-9:20AM (Group Exercise) <i>Aisha W.</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>	



## Kernersville Family YMCA | July 14th - July 20th

	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>  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>	
<b>RPM</b> Cycle Studio <a href="#">Sign Up</a>			8:30AM-9:15AM (Group Exercise) <i>Adrienne M.</i>			8:30AM-9:15AM (Group Exercise) <i>Michelle B.</i>	
<b>Barre</b> Group Exercise Studio <a href="#">Sign Up</a>			9:30AM-10:30AM (Group Exercise) <i>Adrienne M.</i>		9:30AM-10:15AM (Group Exercise) <i>Ashley P.</i>		
<b>SilverSneakers Classic</b> Mind Body Studio <a href="#">Sign Up</a>			9:45AM-10:30AM (Group Exercise) <i>Terri M.</i>		9:30AM-10:15AM (Group Exercise) <i>Terri M.</i>		
<b>Senior Fit-Cardio</b> South Gym			10:45AM-11:30AM (Group Exercise) <i>Terri M.</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>		
<b>Qigong Flow (Chee-Kung)</b> Mind Body Studio <a href="#">Sign Up</a>			11:45AM-12:30PM (Group Exercise) <i>Evangeline H.</i>				
<b>Les Mills CORE</b> Mind Body Studio <a href="#">Sign Up</a>			4:30PM-5:15PM (Group Exercise) <i>Michelle B.</i>				
<b>BODYCOMBAT</b> Group Exercise Studio <a href="#">Sign Up</a>			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
<b>Aqua HIIT - Shallow Water</b> Program Pool			6:00PM-6:45PM (Water Fitness) <i>Staff</i>				
<b>Hip Hop Cycle</b> Cycle Studio <a href="#">Sign Up</a>			6:00PM-7:00PM (Group Exercise) <i>Teresa H.</i>				
<b>BODYPUMP</b> Group Exercise Studio <a href="#">Sign Up</a>			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>	
<b>ZUMBA</b> Mind Body Studio <a href="#">Sign Up</a>			7:00PM-8:00PM (Group Exercise) <i>Ashley D.</i>				
<b>Aqua Energizers-Deep Water</b> Program Pool				8:00AM-8:45AM (Water Fitness) <i>Staff</i>  5:15PM-6:00PM (Water Fitness) <i>Staff</i>			
<b>Pilates</b> Mind Body Studio <a href="#">Sign Up</a>				8:30AM-9:15AM (Group Exercise) <i>Karyn L.</i>			2:30PM-3:15PM (Group Exercise) <i>Karyn L.</i>
<b>HIIT</b> Group Exercise Studio <a href="#">Sign Up</a>				9:00AM-9:30AM (Group Exercise) <i>Michelle B.</i>			
<b>Cycle</b> Cycle Studio <a href="#">Sign Up</a>				9:40AM-10:25AM (Group Exercise) <i>Michelle B.</i>			
<b>Les Mills BODYBALANCE</b> Mind Body Studio <a href="#">Sign Up</a>				9:40AM-10:40AM (Group Exercise) <i>Karyn L.</i>		11:00AM-12:00PM (Group Exercise) <i>Karyn L.</i>	
<b>Senior Fit-Cardio &amp; Weights</b> Group Exercise Studio				10:45AM-11:30AM (Group Exercise) <i>Eleanor G.</i>			
<b>Barre</b> Mind Body Studio <a href="#">Sign Up</a>				4:30PM-5:15PM (Group Exercise) <i>Eleanor G.</i>			
<b>Total Body Sculpt</b> Group Exercise Studio <a href="#">Sign Up</a>				5:45PM-6:30PM (Group Exercise) <i>Joanne K.</i>			
<b>Yoga</b> Mind Body Studio <a href="#">Sign Up</a>				5:45PM-6:45PM (Group Exercise) <i>Athena H.</i>			

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



## Wilkes Family YMCA | July 14th - July 20th

	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>	5:45PM-6:30PM (Water Fitness) <i>Staff</i>	8:00AM-8:45AM (Water Fitness) <i>Staff</i>		
<b>Cycle</b> Cycle Studio <a href="#">Sign Up</a>			8:00AM-8:45AM (Group Exercise) <i>Katie H.</i>	5:30PM-6:15PM (Group Exercise) <i>Jennifer G.</i>		8:10AM-8:55AM (Group Exercise) <i>Natalie E.</i>	
<b>Pilates</b> Group Exercise Studio <a href="#">Sign Up</a>			9:00AM-9:45AM (Group Exercise) <i>Wesley W.</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; Stretch - Shallow</b> Shallow-Program Pool			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>Joy Riders Cycle</b> Cycle Studio <a href="#">Sign Up</a>			10:30AM-11:00AM (Group Exercise) <i>Cherie B.</i>		10:30AM-11:00AM (Group Exercise) <i>Staff</i>		
<b>Strength &amp; Stability</b> Shallow-Program Pool			11:00AM-11:45AM (Water Fitness) <i>Staff</i>				
<b>BODYPUMP</b> Group Exercise Studio <a href="#">Sign Up</a>			12:00PM-1:00PM (Group Exercise) <i>Ellen A.</i>  5:30PM-6:15PM (Group Exercise) <i>Kelley A.</i>		12:00PM-12:45PM (Group Exercise) <i>Kelley A.</i>	9:15AM-10:15AM (Group Exercise) <i>Natalie E.</i>	
<b>STRONG Nation</b> Group Exercise Studio <a href="#">Sign Up</a>			4:30PM-5:30PM (Group Exercise) <i>Natalie L.</i>				
<b>Gentle//Restorative Yoga</b> Group Exercise Studio <a href="#">Sign Up</a>			6:30PM-7:30PM (Group Exercise) <i>Erin J.</i>	8:15AM-9:15AM (Group Exercise) <i>Teri F.</i>			
<b>Cardio Dance Party</b> Group Exercise Studio <a href="#">Sign Up</a>				9:30AM-10:15AM (Group Exercise) <i>Ellen A.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SilverSneakers Classic</b> Group Exercise Studio <a href="#">Sign Up</a>				10:30AM-11:15AM (Group Exercise) <i>Ellen A.</i>			
<b>ZUMBA</b> Group Exercise Studio <a href="#">Sign Up</a>				5:30PM-6:15PM (Group Exercise) <i>Natalie L.</i>			
<b>Les Mills BODYBALANCE</b> Group Exercise Studio <a href="#">Sign Up</a>				6:30PM-7:15PM (Group Exercise) <i>Jennifer G.</i>	10:00AM-11:00AM (Group Exercise) <i>Sandra R.</i>		
<b>Aquafit - Shallow Water</b> Sunshine Pool				6:35PM-7:20PM (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>Flow Yoga</b> Group Exercise Studio <a href="#">Sign Up</a>						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
<b>Joy Riders Cycle</b> Group Exercise Studio <a href="#">Sign Up</a>			8:15AM-8:45AM (Group Exercise) <i>Maddie B.</i>				
<b>Cardio Fusion</b> Group Exercise Studio <a href="#">Sign Up</a>			9:00AM-9:45AM (Group Exercise) <i>Maddie B.</i>				
<b>Cardio Dance Party</b> Group Exercise Studio <a href="#">Sign Up</a>			12:00PM-12:45PM (Group Exercise) <i>Jennifer P.</i>				
<b>SilverSneakers Classic</b> Group Exercise Studio <a href="#">Sign Up</a>				9:30AM-10:15AM (Group Exercise) <i>Lerin B.</i>			
<b>Chair Yoga</b> Group Exercise Studio <a href="#">Sign Up</a>				10:30AM-11:30AM (Group Exercise) <i>Lerin B.</i>			
<b>Fitness Mayhem</b> Group Exercise Studio <a href="#">Sign Up</a>				5:30PM-6:15PM (Group Exercise) <i>Danny S.</i>			
<b>Pilates</b> Group Exercise Studio <a href="#">Sign Up</a>					10:00AM-10:45AM (Group Exercise) <i>Wesley W.</i>		
<b>Yoga</b> Group Exercise Studio <a href="#">Sign Up</a>						8:30AM-9:30AM (Group Exercise) <i>Dawn R.</i>	



## Yadkin Family YMCA | July 14th - July 20th

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

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



## Davie Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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>		
<b>BODYPUMP</b> Group Exercise Studio <a href="#">Sign Up</a>			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>		
<b>Aquafit - Shallow Water</b> Pool			9:30AM-10:15AM (Water Fitness) <i>Lorri C.</i>			8:15AM-9:00AM (Water Fitness) <i>Patty H.</i>	
<b>SilverSneakers Yoga</b> Mind Body Studio <a href="#">Sign Up</a>			10:00AM-10:45AM (Group Exercise) <i>Melissa</i>				
<b>ZUMBA GOLD</b> Group Exercise Studio <a href="#">Sign Up</a>			11:00AM-11:45AM (Group Exercise) <i>Joyce S.</i>		11:00AM-11:45AM (Group Exercise) <i>Joyce S.</i>		
<b>SPRINT</b> Group Exercise Studio <a href="#">Sign Up</a>			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>	
<b>Yoga</b> Mind Body Studio <a href="#">Sign Up</a>			6:10PM-7:00PM (Group Exercise) <i>Merlinda S.</i>				
<b>Pilates</b> Mind Body Studio <a href="#">Sign Up</a>				8:30AM-9:25AM (Group Exercise) <i>Amy</i>			
<b>Deep Water Extreme-Deep Water</b> Pool				9:30AM-10:15AM (Water Fitness) <i>Ann S.</i>  10:30AM-11:15AM (Water Fitness) <i>Ann S.</i>			
<b>SilverSneakers Classic</b> Mind Body Studio <a href="#">Sign Up</a>				10:00AM-10:45AM (Group Exercise) <i>Lorri C.</i>			
<b>SilverSneakers Circuit</b> Mind Body Studio <a href="#">Sign Up</a>				11:00AM-11:45AM (Group Exercise) <i>Lorri C.</i>			



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Strength &amp; Stretch - Shallow</b> Pool					9:30AM-10:15AM (Water Fitness) <i>Ann S.</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>MixedFit</b> Group Exercise Studio <a href="#">Sign Up</a>						10:00AM-11:00AM (Group Exercise) <i>Jennifer I.</i>	



## Wilkes Express YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Gentle//Restorative Yoga</b> Group Exercise Studio <a href="#">Sign Up</a>			9:00AM-10:00AM (Group Exercise) <i>Teri F.</i>				
<b>SilverSneakers Classic</b> Group Exercise Studio <a href="#">Sign Up</a>			10:30AM-11:15AM (Group Exercise) <i>Julie R.</i>				
<b>BOOM Muscle</b> Group Exercise Studio <a href="#">Sign Up</a>				9:00AM-9:30AM (Group Exercise) <i>Cherie B.</i>			
<b>BOOM Move</b> Group Exercise Studio <a href="#">Sign Up</a>				9:35AM-10:05AM (Group Exercise) <i>Cherie B.</i>			
<b>Tai Chi</b> Group Exercise Studio <a href="#">Sign Up</a>					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
<b>ZUMBA GOLD</b> Group Exercise <a href="#">Sign Up</a>			9:00AM-9:45AM (Group Exercise) <i>Cynthia C.</i>				
<b>Joy Riders Cycle</b> Group Exercise <a href="#">Sign Up</a>			10:00AM-10:45AM (Group Exercise) <i>Constance G.</i>				
<b>Strength &amp; Stability</b> Group Exercise <a href="#">Sign Up</a>			11:15AM-12:00PM (Group Exercise) <i>Constance G.</i>				
<b>Kettlebell</b> Group Exercise <a href="#">Sign Up</a>			6:00PM-6:45PM (Group Exercise) <i>Leon W.</i>				
<b>Yoga</b> Group Exercise <a href="#">Sign Up</a>			7:00PM-7:45PM (Group Exercise) <i>Alexes J.</i>		10:30AM-11:30AM (Group Exercise) <i>Alexes J.</i>		
<b>SilverSneakers Classic</b> Group Exercise <a href="#">Sign Up</a>				9:15AM-10:00AM (Group Exercise) <i>Cynthia C.</i>  10:15AM-11:00AM (Group Exercise) <i>Natarshia W.</i>			
<b>Line Dancing</b> Group Exercise <a href="#">Sign Up</a>				11:15AM-12:00PM (Group Exercise) <i>Natarshia W.</i>			
<b>Hip Hop Cycle</b> Group Exercise <a href="#">Sign Up</a>				6:00PM-7:00PM (Group Exercise) <i>Teresa H.</i>			
<b>Grace in Motion</b> Group Exercise <a href="#">Sign Up</a>					9:15AM-10:15AM (Group Exercise) <i>Joy W.</i>		
<b>ZUMBA</b> Group Exercise <a href="#">Sign Up</a>						9:00AM-10:00AM (Group Exercise) <i>Annie R.</i>	



# Fulton Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> Group Ex Studio <a href="#">Sign Up</a>			9:30AM-10:15AM (Group Exercise) <i>Joyce J.</i>		9:30AM-10:15AM (Group Exercise) <i>Joyce J.</i>		
<b>SilverSneakers Classic</b> Group Ex Studio <a href="#">Sign Up</a>			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>		
<b>Yoga</b> Group Ex Studio <a href="#">Sign Up</a>				9:00AM-10:00AM (Group Exercise) <i>Casia B.</i>			
<b>Aquafit - Shallow Water</b> Pool				9:30AM-10:15AM (Water Fitness) <i>Brigitte L.</i>  10:15AM-11:00AM (Water Fitness) <i>Brigitte L.</i>			
<b>ZUMBA</b> Group Ex Studio				10:30AM-11:15AM (Group Exercise) <i>Annie R.</i>			
<b>BODYPUMP</b> Group Ex Studio					8:30AM-9:15AM (Group Exercise) <i>Staff</i>		