

OCTOBER CLASS SCHEDULE DAVIE FAMILY YMCA



MONDAY

START	End	CLASS	LOCATION	INSTRUCTORS/NOTES
5:30am	6:30am	Fitness Mayhem*	Mind and Body	Alex
8:35am	9:35am	Yoga	Mind and Body	Melissa R
8:45am	9:45am	BODY COMBAT™	Group Exercise	Ashley
9:45am	10:45am	Silver Sneakers® Class	Mind and Body	Crystal
10:00am	11:00am	BODYPUMP™*	Group Exercise	
4:30pm	5:15pm	BODYPUMP™*	Group Exercise	
5:30pm	6:00pm	Sprint	Mind and Body	
5:45pm	6:30pm	Fitness Mayhem*	Group Exercise	Krystle
6:30pm	7:30pm	BODY COMBAT™	Mind and Body	Scarlet/Ryan

TUESDAY

START	End	CLASS	LOCATION	INSTRUCTORS/NOTES
5:30am	6:15am	BODYPUMP™* Express	Group Exercise	Leah
8:30am	9:30am	Pilates	Group Exercise	Amy
8:30am	9:30am	Silver Sneakers® Classic	Mind and Body	Lorri
9:45am	10:30am	Sprint	Mind and Body	Jamie
1:00pm	2:00pm	Silver Sneakers® Classic	Mind and Body	Lorri
4:30pm	5:15pm	Kettlebell AMPD	Group Exercise	Kenny
5:30pm	6:15pm	ZUMBA@	Group Exercise	Krysta
5:30pm	6:00pm	Sprint	Mind and Body	
6:30pm	7:30pm	BODYPUMP™*	Group Exercise	

WEDNESDAY

START	End	CLASS	LOCATION	INSTRUCTORS/NOTES
5:30am	6:15am	Total Body Blast	Group Exercise	Amber/Kristi
5:30am	6:30am	Sprint	Mind and Body	Pearl
8:35am	9:35am	Yoga	Mind and Body	Melissa R
8:45am	9:45am	BODY COMBAT™	Group Exercise	
9:45am	10:45am	Silver Sneakers® Yoga	Mind and Body	Melissa R
10:00am	11:00am	BODYPUMP™*	Group Exercise	
11:15am	12:15pm	Yoga	Group Exercise	Tatyana
4:30pm	5:15pm	KettleBell AMPD	Group Exercise	Melissa/Laurie
5:45pm	6:30pm	Fitness Mayhem*	Group Exercise	Krystle
6:00pm	7:00pm	BODY COMBAT™	Mind and Body	Joy/Ryan

THURSDAY

START	End	CLASS	LOCATION	INSTRUCTORS/NOTES
5:30am	6:15am	BODYPUMP™* Express	Group Exercise	Ashley
8:30am	9:30am	Pilates	Group Exercise	Amy
8:30am	9:30am	Silver Sneakers® Classic	Mind and Body	Lorri
9:45am	10:15am	Sprint	Mind and Bod	Jamie
1:00 pm	2:00pm	Silver Sneakers® Classic	Mind and Body	Lorri
5:30 pm	6:15pm	ZUMBA@	Group Exercise	Krysta
5:30pm	6:00pm	Sprint	Group Exercise	
6:30pm	7:15pm	BODYPUMP™* Express	Group Exercise	
7:30pm	8:00pm	Yoga	Mind and Body	Tatyana

FRIDAY

START	End	CLASS	LOCATION	INSTRUCTORS/NOTES
5:30am	6:30am	Fitness Mayhem*	Mind and Body	Alex
8:35am	9:35am	Yoga	Mind and Body	Melissa R
8:45am	9:45am	Zumba	Group Exercise	Juli
9:45am	10:45am	Silver Sneakers® Classic	Mind and Body	Crystal
10:00am	11:00am	BODYPUMP™*	Group Exercise	Holli
5:45pm	6:30pm	Fitness Mayhem	Group Exercise	

SATURDAY

START	End	CLASS	LOCATION	INSTRUCTORS/NOTES
9:00am	9:45am	BODY COMBAT™ Express	Group Exercise	10/19
10:00am	10:45am	BODY COMBAT™ Express	Group Exercise	10/12
9:00am	9:45am	BODYPUMP™*	Group Exercise	10/5 & 10/26
9:00am	9:45am	KettleBell AMPD	Group Exercise	10/12
9:00am	10:00am	Yoga	Mind and Body	10/5 & 10/26
10:15am	10:45am	Sprint	Mind and Body	

DAVIE FAMILY YMCA

215 Cemetery St Mocksville NC 27028

P 336 751 9622 F 336 7519420 www.davieymca.org A United Fund Agency

Our Mission: "Helping people reach their God-given potential in spirit, mind and body." Financial Assistance available.

REMINDER

BODYPUMP™, KETTLEBELL, and SPRINT classes require sign up due to limited space. You can sign up 24 hours prior to class. Please sign up through the YMCA App or Website **Set up 15 minutes before class starts. 5 minutes before class begins spots will be given to participants on the waiting list.**

Our group exercise schedule is available on our web site. Any cancellations will be posted as soon as possible on our Facebook page, mobile app, and at the front desk.

YOUTH ATTENDANCE POLICY:

In an effort to ensure safety, specific Group Exercise classes involving weights or intensity will require participants to be rising 9th graders (high school) or above to attend. These classes are marked with an asterisk (*) on the Class Descriptions and Class Schedules.

Substitute Policy:

Please understand that substitutions are sometimes last minute, in which case we will not be able to inform members ahead of time. Instructor names are listed where possible. Classes where instructors rotate consistently are listed as staff.

SHARE YOUR GROUP EXERCISE EXPERIENCE!

Your feedback is important to us. Please go to ymcanwnc.org/groupepx to take a quick survey. Also don't forget to tag us in facebook and/or Instagram

BODYPUMP LAUNCH

TUESDAY 10/8/19

6:30PM

BODYCOMBAT LAUNCH

MONDAY 10/21/19

6:30PM

SPRINT LAUNCH OUTSIDE

SATURDAY 10/26/19

9:30AM AND 10:15AM