

Group Exercise Schedule – WINSTON LAKE FAMILY YMCA

OCTOBER 2019



SHARE YOUR GROUP EXERCISE EXPERIENCE!
Whether your class was awesome or there is something we can improve, we want to hear from you. Scan the QR code with are on poster or go to ymcanwnc.org/grouper to take a quick confidential survey.

MONDAY

START	END	CLASS	LOCATION	NOTES
9:15am	10:10am	Silver Sneakers®	Gym	
10:15am	11:10am	Silver Sneakers®	Gym	
6:30pm	7:15pm	Cycle	Cycle Rm	
6:40pm	7:30pm	Praize Kraze®	Group Ex Rm	
6:45pm	7:45pm	Water Fitness	Pool	(NO CLASS 14 th , 28 th)
7:35pm	8:25pm	Yoga	Group Ex Rm	(NO CLASS 14 th)

TUESDAY

START	END	CLASS	LOCATION	NOTES
5:45am	6:30am	Cycle	Cycle Rm	
9:15 am	10:00 am	Kettlebell*	Group Ex Rm	(NO CLASS 1 st , 22 nd)
9:15am	10:10am	Silver Sneakers®	Gym	
10:15am	11:10am	Silver Sneakers®	Gym	
11:00am	12:00pm	Water Fitness	Pool	
5:45pm	6:35pm	Kettlebell *	Group Ex Rm	
6:30pm	7:15pm	Cycle	Cycle Rm	
6:40pm	7:30pm	Zumba	Group Ex Rm	(NO CLASS 3 rd , 17 th , 24 th)
7:35pm	8:05pm	Metabolic EFFX®*	Group Ex Rm	(NO CLASS 15 th)

WEDNESDAY

START	END	CLASS	LOCATION	NOTES
9:15am	10:10am	Zumba®	Group Ex Rm	
10:30 am	11:25 am	Line Dancing	Group Ex Rm	
5:30 pm	6:20 pm	Cycle	Cycle	(NO CLASS 2 nd , 16 th , 30 th)
5:45pm	6:35pm	Step Aerobics	Group Ex Rm	
6:40pm	7:30 pm	Zumba®	Group Ex Rm	
7:35pm	8:25pm	Total Body HIIT*	Group Ex Rm	

THURSDAY

START	END	CLASS	LOCATION	NOTES
5:45am	6:30am	Cycle	Cycle Rm	(NO CLASS 10 th , 17 th)
9:15 am	10:00 am	Kettlebell*	Group Ex Rm.	(NO CLASS 17 th)
9:15am	10:10am	Silver Sneakers®	Gym	
10:15am	11:10am	Silver Sneakers®	Gym	
5:45 pm	6:35 pm	Hip Hop Step	Group Ex	
6:30pm	7:15pm	Cycle	Cycle Rm	
6:40pm	7:30pm	Zumba	Group Ex Rm	
7:35pm	8:05pm	Metabolic EFFX®*	Group Ex Rm	(NO CLASS 10 th , 25 th)

FRIDAY

START	END	CLASS	LOCATION	NOTES
10:15am	11:00am	Silver Sneakers®	Gym	

WINSTON LAKE FAMILY YMCA

901 Waterworks Road, Winston-Salem NC 27101

P 336 -724-9205 F 336 -724-7754 www.winstonlakeymca.org

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

SATURDAY

START	END	CLASS	LOCATION	NOTES
9:15am	10:10am	Line Dancing	Group Ex Rm	
10:15am	11:15am	Zumba®	Group Ex Rm	

***In an effort to ensure safety, specific Group Exercise classes involving weights or intensity will require participants to be rising 9th grade (high school) or above to attend.**

UPCOMING EVENTS:

10/8- Dixie Classic Fair

10/11-Autumn Leaf Festival

10/22- State Fair

10/31- Birthday Celebration in MPR at 11:00 am in MPR

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