



# OCTOBER CLASS SCHEDULE YADKIN FAMILY YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

MONDAY				
5:30am	6:00am	LES MILLS SPRINT™	Group Exercise	Staff
9:05am	10:05am	*Cardio Fusion	Group Exercise	Celeste
9:05am	10:05am	BODYCOMBAT®	Gym	Staff
10:10am	11:10am	Restorative Yoga	Group Exercise	Celeste
10:15am	10:45AM	CXWORX®	Gym	Staff
11:15am	12:00pm	SilverSneakers® Classic	Group Exercise	Celeste
12:15pm	12:45pm	LES MILLS SPRINT™	Group Exercise	Staff
4:45pm	5:15pm	CXWORX®	Group Exercise	Staff
5:00pm	5:45pm	*Kettlebell	Training Center	Twinkle/Juli
5:30pm	6:00pm	P90X LIVE®!	Gym	Sherrie
5:30pm	6:00pm	LES MILLS SPRINT™	Group Exercise	Staff
6:10pm	7:10pm	ZUMBA®	Group Exercise	Farrah
6:15pm	7:15pm	*BODYPUMP®	Gym	Staff
6:15pm	7:00pm	TRX®	Training Center	Staff
TUESDAY				
5:30am	6:00am	*Kettlebell	Group Exercise	Elizabeth
9:10am	10:10am	* Kettlebell	Group Exercise	Twinkle/Juli
10:15am	11:00am	Strength and Stability	Training Center	Staff
10:15am	11:15am	Yin Yoga	Group Exercise	Becca
4:35pm	5:35pm	*BODYPUMP®	Gym	Staff
5:30pm	6:30pm	Hip Hop	Group Exercise	Ashlyn
5:45pm	6:15pm	*Metabolic Effect	Gym	Sherrie
6:45pm	7:15pm	LES MILLS SPRINT™	Group Exercise	Staff
WEDNESDAY				
5:30am	6:30am	BOOM MIND	Group Exercise	Michelle
8:15am	8:45am	LES MILLS SPRINT™	Group Exercise	Staff
9:05am	10:05am	*Cardio Fusion	Group Exercise	Celeste
9:05am	10:05am	*BODYPUMP®	Gym	Staff
10:10am	11:10am	Restorative Yoga	Group Exercise	Celeste
11:15am	12:00pm	SilverSneakers® Circuit	Group Exercise	Celeste
4:45pm	5:15pm	LES MILLS SPRINT™	Group Exercise	Staff
5:30pm	6:30pm	BODYCOMBAT®	Gym	Staff
5:30pm	6:00pm	Kids ZUMBA® (1st and 3rd Wed)	Group Exercise	Farrah
6:00pm	7:00pm	ZUMBA®	Group Exercise	Farrah
6:15pm	7:00pm	TRX®	Training Center	Staff
THURSDAY				
5:30am	6:00am	LES MILLS SPRINT™	Group Exercise	Staff
9:15am	10:00am	* Kettlebell	Training Center	Twinkle/Juli
9:05am	10:05am	*Total Body Sculpt	Group Exercise	Celeste
10:10am	11:10am	Restorative Yoga	Group Exercise	Celeste
10:15am	11:00am	Strength and Stability	Training Center	Staff
11:15am	12:00pm	SilverSneakers® Circuit	Group Exercise	Celeste
12:15pm	12:45pm	LES MILLS SPRINT™	Group Exercise	Staff
5:30pm	6:00pm	*Metabolic Effect	Gym	Sherrie
6:00pm	7:00pm	ZUMBA®	Group Exercise	Farrah
6:15pm	7:15pm	*BODYPUMP®	Gym	Staff
FRIDAY				
6:15am	7:00am	BOOM MIND	Group Exercise	Michelle
5:15am	6:00am	TRX®	Training Center	Elizabeth
8:15am	9:00am	BODYCOMBAT® 45	Gym	Staff
9:05am	10:05am	Yoga	Group Exercise	Becca
9:15am	10:00am	*BODYPUMP® 45	Gym	Staff
10:15am	11:15am	Hip Hop	Group Exercise	Ashlyn
SATURDAY (OCT 12 <sup>th</sup> – LES MILLS LAUNCH PARTY, ALTERED SCHEDULE FOR THE DAY)				
8:10am	8:40am	LES MILLS SPRINT™	Group Exercise	Staff
8:15am	9:15am	BODYCOMBAT®	Gym	Staff
8:45am	9:15am	CXWORX®	Group Exercise	Staff
9:30am	11:00am	Hip Hop	Group Exercise	Ashlyn
9:25am	9:55am	*Metabolic Effect	Gym	Sherrie
10:05am	10:50am	* BODYPUMP® 45	Gym	Staff

### BODYPUMP® GUIDELINES:

- Participants should arrive 10 min before class to set up.
- We ask guests/potential members to arrive 20 minutes before to ensure proper registration at the front desk.
- We will not allow anyone to enter class once it has started.
- Participants must be at least high school age to participate.

### YOUTH ATTENDANCE POLICY:

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. These classes are marked with an asterisk (\*) on the Class Descriptions and Class Schedules.

### INSTRUCTOR SUB POLICY:

We will make every effort to let you know when instructor substitutions occur. 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 with instructor rotation are listed as staff.

### SPRINT 5 MINUTE RULE:

Please visit the Y app to sign up for Sprint, no sooner than 24 hours in advance. Arrive for class 10 minutes in advance to get adjusted on the bike. Bikes will be given to alternates 5 minutes prior to class.

### NEW TO TRX?

Please arrive 10 min early to class for a brief tutorial and setup with the instructor.

### SHARE YOUR GROUP EXERCISE EXPERIENCE!

Whether your class was awesome or there is something we can improve, we want to hear from you! Go to [ymcanwnc.org/grouper](http://ymcanwnc.org/grouper) to take a quick, confidential survey.

#### YADKIN FAMILY YMCA

6540 Service Road, Yadkinville NC 27055P 336 679 7962 F 336 679 7983 [www.yadkinymca.org](http://www.yadkinymca.org)

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

QUESTIONS? Heather Mosteller

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336-679-7962