

NOVEMBER 2019 CLASS SCHEDULE – STOKES FAMILY YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
6:00am	6:45am	Cycle	Renee	Cycle	
9:15am	10:15am	Cycle	Staff	Cycle	
9:15am	10:15am	Zumba®	Tiffany	Group Ex. Studio I	25 th Whitney
10:30am	11:20am	SilverSneakers®-Classic	Staff	Group Ex. Studio II	
10:30am	11:30am	Gentle Yoga	Amber	Group Ex. Studio I	
11:30am	12:30pm	SilverSneakers®-Circuit	Shirley	Group Ex. Studio II	
5:30pm	6:00pm	Kids Fitness	Staff	Group Ex. Studio I	4 Keri 11 Allison 18 Sarah 25 Elizabeth
6:00pm	6:45pm	Cycle	Jill	Cycle	
6:00pm	6:55pm	STRONG by Zumba®	Joy	Group Ex. Studio I	
6:00pm	7:00pm	BODYPUMP®	Staff	Group Ex. Studio II	
7:00pm	8:00pm	Flow Yoga	Staff	Group Ex. Studio I	

TUESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
5:30am	6:30am	BODYPUMP®	Staff	Group Ex. Studio II	
6:00am	6:45am	Gentle Yoga	Renee	Group Ex. Studio I	
9:00am	10:00am	Tai Chi	Julia	Group Ex. Studio I	
9:15am	10:15am	BODYPUMP®	Staff	Group Ex. Studio II	
10:30am	11:15am	Zumba Gold®	Lisa	Group Ex. Studio II	
4:30pm	5:15pm	BODYPUMP®	Staff	Group Ex. Studio II	
5:25pm	5:55pm	CXWorx®	Staff	Group Ex. Studio II	
6:00pm	6:45pm	Cycle	Staff	Cycle	
6:00pm	7:00pm	HIIT	Travis	Group Ex. Studio II	
6:00pm	6:55pm	Zumba®	Ana	Group Ex. Studio I	
7:00pm	8:00pm	BODYFLOW®	Staff	Group Ex. Studio I	

WEDNESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
6:00am	6:30am	Spivi Cycle	Nathan	Cycle	
9:15am	10:15am	Zumba®	Tiffany	Group Ex. Studio I	
9:15am	9:45am	Spivi Cycle	Staff	Cycle	
9:50am	10:20am	CORE	Staff	Group Ex. Studio II	
10:30am	11:15am	Flow Yoga	Amber	Group Ex. Studio I	
10:30am	11:20am	SilverSneakers®-Classic	Staff	Group Ex. Studio II	
11:30am	12:30pm	SilverSneakers®-Circuit	Shirley	Group Ex. Studio II	
5:35pm	5:55pm	Spivi FTP Test	Staff	Cycle	November 6 th
6:00pm	6:45pm	Spivi Cycle	Staff	Cycle	
6:00pm	7:00pm	BODYPUMP®	Staff	Group Ex. Studio II	

Substitute policy: We will make every effort to let you know when instructor substitutions will 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 where instructors rotate consistently are listed as staff.

STOKES FAMILY YMCA

105 Moore Road, King NC 27021

P 336 985 9622 F 336 985 3976 www.stokesymca.org A United Way Agency

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

THURSDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
5:30am	6:30am	BODYPUMP®	Staff	Group Ex. Studio II	
9:30am	10:00am	Joy Riders	Kelly	Cycle	21 st SPECIAL EVENT! KAREOKE CYCLE
9:15am	10:15am	BODYPUMP®	Staff	Group Ex. Studio II	
10:15am	11:00am	Hi/Lo	Tiffany	Group Ex. Studio I	
11:00am	11:45am	Zumba Gold®	Lisa	Group Ex. Studio I	
4:45pm	5:30pm	BODYPUMP®Express	Staff	Group Ex. Studio II	
5:30pm	6:00pm	Kids Fitness	Staff	Group Ex. Studio I	7 Tiffany 14 Amber 21 Sarah 28 NO CLASS
5:40pm	6:20pm	Cycle	Staff	Cycle	
5:50pm	6:20pm	HIIT	Travis	Group Ex. Studio II	
6:00pm	6:55pm	Zumba®	Whitney	Group Ex. Studio I	
6:25pm	6:55pm	CXWorx®	Staff	Group Ex. Studio II	
7:00pm	7:45pm	Flow Yoga	Staff	Group Ex. Studio I	

The Y is closed on Thanksgiving Day, November 28th. No classes this day.

FRIDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:40am	9:10am	CXWorx®	Staff	Group Ex. Studio II	8,29 no class
9:15am	10:15am	Cycle	Staff	Cycle	
9:15am	10:00am	STRONG by Zumba®	Krystal	Group Ex. Studio I	22 Tiffany
10:30am	11:30am	Gentle Yoga	Amber	Group Ex. Studio I	
10:15am	11:15am	SilverSneakers®-Classic	Staff	Group Ex. Studio II	1,15 TBD 8,22 Shirley 29 NO CLASS

SATURDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
9:15am	10:15am	BODYPUMP®	Staff	Group Ex. Studio II	
9:15am	10:15am	Spivi Cycle	Staff	Cycle	
9:15am	10:15am	Zumba®	Whitney	Group Ex. Studio I	
10:30am	11:30am	Restorative Yoga	Staff	Group Ex. Studio I	

The NWNC YMCA Association Youth Attendance Policy:

In an effort to ensure the safety of participants, specific group exercise classes involving speed, weights, intensity and agility, will require an age of rising high school grade (9th) or above to attend. These classes are marked with an * on the descriptions page.

Rising middle school students (6th grade) and above are welcome to attend group exercise classes with a parent, or without a parent after completing the Middle School and UFit Orientations, except for classes marked with an * on the descriptions page. Cycle classes are open to middle school members and older, as long as proper cycle fit can be established.

TIPS FOR A GREAT GROUP EXERCISE EXPERIENCE

1. Bring towel and water bottle. It's hard to concentrate on the class when you're dripping sweat and thirsty.
2. Don't be shy! The front row is always the most fun.
3. Try something new. Studies show switching up your exercise routine is critical. Bored with the same old routine? Pick up a class description sheet and try something you've never tried before.
4. Bring a smile! You're more likely to be successful in reaching your wellness goals when you make exercise FUN!
5. If planning on attending Cycle please reserve a bike at our app and arrive to class 10 minutes before the class starts to get ready for the ride.

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