



Hickory Foundation YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp Studio A	5:00AM-5:45AM (Strength) <i>Nikki I.</i> 6:00AM-6:45AM (Strength) <i>Nikki I.</i>		5:00AM-5:45AM (Strength) <i>Nikki I.</i> 6:00AM-6:45AM (Strength) <i>Nikki I.</i>		5:00AM-5:00AM (Strength) <i>Nikki I.</i> 6:00AM-6:45AM (Strength) <i>Nikki I.</i>		
Bootcamp Functional Training Room	5:00AM-5:45AM (Strength) <i>Nikki I.</i> 6:00AM-6:45AM (Strength) <i>Nikki I.</i> 6:00AM-6:45AM (Strength) <i>Nikki I.</i>		5:00AM-5:45AM (Strength) <i>Nikki I.</i> 6:00AM-6:45AM (Strength) <i>Nikki I.</i>		5:00AM-5:45AM (Strength) <i>Nikki I.</i> 6:00AM-6:45AM (Strength) <i>Nikki I.</i>		
TRX Studio A	6:30AM-7:15AM (Strength) <i>Alexandria T.</i>	6:00AM-6:45AM (Strength) <i>Kathryn A.</i>	6:00PM-6:45PM (Strength) <i>Alexandria T.</i>	6:00AM-6:45AM (Strength) <i>Kathryn A.</i>			
Fit and Strong Saint Aloysius Catholic Fellowship Hall	7:45AM-8:30AM (Senior) <i>Kathleen C.</i>	7:45AM-8:30AM (Senior) <i>Kathleen C.</i>	7:45AM-8:30AM (Senior) <i>Kathleen C.</i>	7:45AM-8:30AM (Senior) <i>Kathleen C.</i>	7:45AM-8:30AM (Senior) <i>Kathleen C.</i> 7:45AM-8:30AM (Senior) <i>Jessica M.</i>		
Fit and Strong Studio A	8:00AM-8:45AM (Senior) <i>Kathleen C.</i> 9:00AM-9:45AM (Senior) <i>Nikki I.</i>	8:00AM-8:45AM (Senior) <i>Kathleen C.</i>	8:00AM-8:45AM (Senior) <i>Kathleen C.</i> 9:00AM-9:45AM (Senior) <i>Jessica M.</i> 9:00AM-9:45AM (Senior) <i>Nikki I.</i>	8:00AM-8:45AM (Senior) <i>Kathleen C.</i>	8:00AM-8:45AM (Senior) <i>Jessica M.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Silver Sneakers Classic Saint Aloysius Catholic Fellowship Hall	8:45AM-9:30AM (Senior) <i>Nikki I.</i>		8:45AM-9:30AM (Senior) <i>Nikki I.</i> 9:45AM-10:30AM (Senior) <i>Nikki I.</i>		8:45AM-9:30AM (Senior) <i>Nikki I.</i> 9:45AM-10:30AM (Senior) <i>Nikki I.</i>		
Yoga (Mixed Levels) Yoga - First Presbyterian Church	9:00AM-10:00AM (Yoga) <i>Karen S.</i> 5:30PM-6:30PM (Yoga) <i>Mindy M.</i>	5:30PM-6:30PM (Yoga) <i>Cynthia H.</i>	9:00AM-9:45AM (Yoga) <i>Jay J.</i>	10:00AM-11:00AM (Yoga) <i>Elizabeth P.</i> 10:30AM-11:30AM (Yoga) <i>Libby T.</i> 5:30PM-6:30PM (Yoga) <i>Libby T.</i>	9:00AM-10:00AM (Yoga) <i>Elizabeth P.</i>	10:00AM-11:15AM (Yoga) <i>Cynthia H.</i> 11:30AM-12:45PM (Yoga) <i>Cynthia H.</i>	
HIIT Studio A	9:00AM-9:45AM (Strength) <i>Kathleen C.</i>						
HIIT Functional Training Room	9:00AM-9:45AM (Strength) <i>Kathleen C.</i>						
Silver Sneakers Classic Studio A	9:00AM-9:45AM (Senior) <i>Lorie C.</i>		9:00AM-9:45AM (Senior) <i>Toni N.</i> 10:00AM-10:45AM (Senior) <i>Tammy H.</i> 10:00AM-10:45AM (Senior) <i>Tammy H.</i> 10:00AM-10:45AM (Senior) <i>Nikki I.</i>		9:00AM-9:45AM (Senior) <i>Lorie C.</i> 9:00AM-9:45AM (Senior) <i>Nikki I.</i> 10:00AM-10:45AM (Senior) <i>Lorie C.</i> 10:00AM-10:45AM (Senior) <i>Nikki I.</i>		
Senior Yoga Saint Aloysius Catholic Fellowship Hall	9:45AM-10:30AM (Senior) <i>Molly A.</i>			8:45AM-9:30AM (Senior) <i>Libby T.</i> 8:45AM-9:30AM (Senior) <i>Libby T.</i>			
Shallow Water Exercise Indoor Pool	10:00AM-11:00AM (Water) <i>Greg C.</i>				10:00AM-11:00AM (Water) <i>Renee D.</i>		
Senior Yoga Studio A	10:00AM-10:45AM (Senior) <i>Lorie C.</i>			9:00AM-9:45AM (Senior) <i>Lorie C.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Power Cuts Functional Training Room	10:00AM-10:45AM (Strength) <i>Kathleen C.</i>		10:00AM-10:45AM (Strength) <i>Kathleen C.</i>	9:00AM-9:45AM (Strength) <i>Kathleen C.</i> 5:30PM-6:15PM (Strength) <i>Jody F.</i>		9:00AM-9:45AM (Strength) <i>Jody F.</i>	
Power Cuts Studio A	10:00AM-10:45AM (Strength) <i>Kathleen C.</i>		10:00AM-10:45AM (Strength) <i>Kathleen C.</i>	9:00AM-9:45AM (Strength) <i>Kathleen C.</i> 5:30PM-6:15PM (Strength) <i>Jody F.</i>		9:00AM-9:50AM (Strength) <i>Jody F.</i>	
Cardio Punch Studio A	5:30PM-6:15PM (Cardio) <i>Jody F.</i>	9:00AM-9:45AM (Cardio) <i>Toni N.</i>		10:00AM-10:45AM (Cardio) <i>Leila C.</i>			
Cardio Punch Functional Training Room	5:30PM-6:15PM (Cardio) <i>Jody F.</i>	9:00AM-9:45AM (Cardio) <i>Toni N.</i> 9:00AM-9:45AM (Cardio) <i>Toni N.</i>					
Zumba Studio A	6:00PM-6:45PM (Dance) <i>Alexandria T.</i> 6:15PM-7:00PM (Dance) <i>Alexandria T.</i>		6:00PM-6:45PM (Dance) <i>Amanda G.</i> 6:00PM-6:45PM (Dance) <i>Amanda G.</i>			10:00AM-11:00AM (Dance) <i>Alexandria T.</i>	
Cycle Cycle Room	6:00PM-6:45PM (Cycle) <i>Kathleen C.</i> 6:00PM-6:45PM (Cycle) <i>Jessica M.</i>	5:15AM-6:00AM (Cycle) <i>Leah L.</i> 9:00AM-9:45AM (Cycle) <i>Kathleen C.</i> 5:30PM-6:15PM (Cycle) <i>Jessica M.</i> 5:30PM-6:15PM (Cycle) <i>Molly A.</i>		5:15AM-6:00AM (Cycle) <i>Tammy H.</i> 5:30PM-6:15PM (Cycle) <i>Molly A.</i> 5:30PM-6:15PM (Cycle) <i>Nikki I.</i> 5:30PM-6:00PM (Cycle) <i>Jessica M.</i>	9:00AM-9:45AM (Cycle) <i>Kathleen C.</i>	8:15AM-9:00AM (Cycle) <i>Kim V.</i>	
Gentle Fit & Strong Saint Aloysius Catholic Fellowship Hall		8:45AM-9:30AM (Senior) <i>Nikki I.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gentle Fit & Strong Studio A		9:00AM-9:45AM (Senior) <i>Nikki I.</i> 9:00AM-9:45AM (Senior) <i>Lorie C.</i>					
Zumba Gold Saint Aloysius Catholic Fellowship Hall		9:45AM-10:30AM (Dance) <i>Tawny H.</i>					
Deep Water Indoor Pool		10:00AM-11:00AM (Water) <i>Toni N.</i>					
Core Strength Studio A		10:00AM-10:45AM (Barre Pilates Core) <i>Kathleen C.</i>					
Core Strength Functional Training Room		10:00AM-10:45AM (Barre Pilates Core) <i>Kathleen C.</i>					
Zumba Gold Studio A		10:00AM-10:45AM (Dance) <i>Tawny H.</i>					
Power Circuit Studio A		5:30PM-6:15PM (Strength) <i>Jody F.</i> 5:30PM-6:15PM (Strength) <i>Kathleen C.</i>					
Power Circuit Functional Training Room		5:30PM-6:15PM (Strength) <i>Kathleen C.</i> 5:30PM-6:15PM (Strength) <i>Jody F.</i>					
CANCELED: Shallow Water Exercise Indoor Pool		6:00PM-7:00PM (Water) <i>Sharon T.</i>		6:00PM-7:00PM (Water) <i>Sharon T.</i>			
Step Studio A		6:30PM-7:15PM (Cardio) <i>Maria P.</i>					
Xtreme Hip Hop Functional Training Room		6:30PM-7:15PM (Cardio) <i>Maria P.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Strength Interval Studio A			9:00AM-9:45AM (Strength) <i>Kathleen C.</i> 5:30PM-5:45PM (Strength) <i>Jody F.</i>				
Cardio Strength Interval Functional Training Room			9:00AM-9:45AM (Strength) <i>Kathleen C.</i> 5:30PM-6:15PM (Strength) <i>Jody F.</i>				
Aqua Blast Indoor Pool			10:00AM-11:00AM (Water) <i>Greg C.</i>				
Making Move For Parkinson's Studio A			11:00AM-11:45AM (Wellness) <i>Toni N.</i>				
Cycle Express Cycle Room			12:00PM-12:30PM (Cycle) <i>Tammy H.</i> 12:00PM-12:30PM (Cycle) <i>Tammy H.</i>				
Zumba Tennis Courts			6:00PM-6:45PM (Dance) <i>Amanda G.</i>				
TRX Functional Training Room			6:15PM-7:00PM (Strength) <i>Alexandria T.</i>				
Cycle Studio A				5:15AM-6:00AM (Cycle) <i>Tammy H.</i>			
Aqua Zumba Indoor Pool				10:00AM-10:45AM (Water) <i>Toni N.</i>			
Functional Boxing Studio A				11:00AM-11:45AM (Wellness) <i>Leila C.</i>			
Cycle Strength Cycle Room				5:30PM-6:15PM (Cycle) <i>Molly A.</i>			
Cardio Dance Studio A					9:00AM-9:45AM (Dance) <i>Toni N.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Dance Functional Training Room					9:00AM-9:45AM (Dance) <i>Toni N.</i>		
All About Bands Functional Training Room					10:00AM-10:45AM (Strength) <i>Kathleen C.</i>		
All About Bands Studio A					10:00AM-10:45AM (Strength) <i>Jessica M.</i>		
Ashtanga Yoga Flow Yoga - First Presbyterian Church					11:30AM-12:30PM (Yoga) <i>Jay J.</i>		



Lincoln County Family YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Strength Interval Group Ex Studio	5:10AM-6:00AM (Strength) <i>Ginger B.</i> 9:00AM-9:45AM (Strength) <i>Ashley G.</i>						
Circuit Training Gym	6:00AM-6:45AM (Strength) <i>Josh S.</i>						
Water Fitness Pool	8:00AM-8:45AM (Water) <i>Alisha F.</i>	9:30AM-10:15AM (Water) <i>Betsy S.</i>	8:15AM-9:00AM (Water) <i>Raven P.</i>	8:15AM-9:00AM (Water) <i>Raven P.</i> 8:15AM-9:00AM (Water) <i>Raven P.</i> 9:30AM-10:15AM (Water) <i>Betsy S.</i>	8:00AM-8:45AM (Water) <i>Raven P.</i>		
Chair Yoga Community Room	9:30AM-10:15AM (Yoga) <i>Gail C.</i> 10:00AM-10:45AM (Yoga) <i>Gail C.</i>		10:00AM-10:45AM (Yoga) <i>Gail C.</i>				
Group Power Group Ex Studio	5:30PM-6:15PM (Strength) <i>Dina B.</i>		5:30PM-6:15PM (Strength) <i>Dina B.</i>			9:00AM-9:45AM (Strength) <i>Dina B.</i>	
Zumba Group Ex Studio	6:35PM-7:20PM (Dance) <i>Raven P.</i>	6:35PM-7:20PM (Dance) <i>Dawn D.</i>		6:45PM-7:30PM (Dance) <i>Amber H.</i>			
Foundation Training Group Ex Studio		9:15AM-10:00AM (Strength) <i>Ashley G.</i>		9:15AM-10:00AM (Strength) <i>Ashley G.</i>			
Group Active Group Ex Studio		5:30PM-6:15PM (Strength) <i>Emily E.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Group Ex Studio			5:10AM-6:00AM (Cycle) <i>Ginger B.</i>		9:00AM-9:45AM (Cycle) <i>Gail C.</i>		
Barre Group Ex Studio			8:00AM-8:45AM (Barre Pilates Core) <i>Gail C.</i>				
Yoga (Mixed Levels) Group Ex Studio			9:00AM-9:45AM (Yoga) <i>Gail C.</i>	5:30PM-6:15PM (Yoga) <i>Mary M.</i>	8:00AM-8:45AM (Yoga) <i>Gail C.</i>	8:00AM-8:45AM (Yoga) <i>Shanda G.</i>	
Chair Yoga Group Ex Studio			10:00AM-10:45AM (Yoga) <i>Gail C.</i>				
Aqua Zumba Pool			6:00PM-6:45PM (Water) <i>Raven P.</i>			9:00AM-9:45AM (Water) <i>Raven P.</i>	
Gentle Fit & Strong Group Ex Studio				9:15AM-10:00AM (Senior) <i>Marcie K.</i>			
Zumba Gold Group Ex Studio				10:30AM-11:15AM (Dance) <i>Betsy S.</i>			
Power Yoga Group Ex Studio				5:30PM-6:15PM (Yoga) <i>Dina B.</i>			
Bootcamp Soccer Field				6:30PM-7:30PM (Strength) <i>Elizabeth R.</i>			
HIIT Group Ex Studio					5:10AM-6:00AM (Strength) <i>Hayley R.</i>		



Adrian L. Shuford Jr. YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Spin Studio	6:00AM-7:00AM (Cycle) <i>Marni K.</i> 10:30AM-11:30AM (Cycle) <i>Tammy L.</i>	6:00AM-7:00AM (Cycle) <i>Marsha D.</i> 4:30PM-5:15PM (Cycle) <i>Nikki I.</i>	6:00AM-7:00AM (Cycle) <i>Marni K.</i> 6:00AM-7:00AM (Cycle) <i>Danny B.</i>	6:00AM-7:00AM (Cycle) <i>Marsha D.</i> 8:00AM-8:45AM (Cycle) <i>Nikki I.</i>	6:00AM-7:00AM (Cycle) <i>Marni K.</i>		
Yoga (Mixed Levels) Yoga	7:30AM-8:30AM (Yoga) <i>Pete D.</i>		6:30PM-7:30PM (Yoga) <i>Pete D.</i>	12:00PM-12:45PM (Yoga) <i>Pete D.</i>	7:30AM-8:30AM (Yoga) <i>Pete D.</i>	8:30AM-9:30AM (Yoga) <i>Pete D.</i> 9:30AM-10:30AM (Yoga) <i>Amanda W.</i> 9:30PM-10:30AM (Yoga) <i>Amanda W.</i>	4:00PM-5:00PM (Yoga) <i>Pete D.</i>
Deep Water Group Exercise Studio	8:30AM-9:30AM (Water) <i>Krystal R.</i>						
Deep Water Pool	8:30AM-9:30AM (Water) <i>Rotating I.</i> 6:00PM-7:00PM (Water) <i>Rotating I.</i>	8:30AM-9:30AM (Water) <i>Patti M.</i>	8:30AM-9:30AM (Water) <i>Krystal R.</i>	8:30AM-9:30AM (Water) <i>Betty T.</i> 6:00PM-7:00PM (Water) <i>Rotating I.</i>	8:30AM-9:30AM (Water) <i>Betty T.</i>		
20/20/20 Group Exercise Studio	8:30AM-9:30AM (Cardio) <i>Kim H.</i>		8:30AM-9:30AM (Cardio) <i>Miriam B.</i> 8:30AM-9:30AM (Cardio) <i>Miriam B.</i>				
Zumba Group Exercise Studio	9:30AM-10:30AM (Dance) <i>Vasti U.</i>	6:30PM-7:30PM (Dance) <i>Vasti U.</i>		9:30AM-10:30AM (Dance) <i>Vasti U.</i> 6:30PM-7:30PM (Dance) <i>Shavodka N.</i>	5:30PM-6:15PM (Dance) <i>Shavodka N.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chair Yoga Yoga	9:30AM-10:45AM (Yoga) <i>Marni K.</i>						
Silver Sneakers Classic Group Exercise Studio	11:00AM-11:45AM (Senior) <i>Krystal R.</i> 12:00PM-12:45PM (Senior) <i>Nikki I.</i>	12:00PM-12:45PM (Senior) <i>Denese K.</i>	11:00AM-11:45AM (Senior) <i>Krystal R.</i> 12:00PM-12:45PM (Senior) <i>Kari R.</i>		11:00AM-11:45AM (Senior) <i>Krystal R.</i> 12:00PM-12:45PM (Senior) <i>Nikki I.</i>		
Silver Wings Pool	12:00PM-1:00PM (Water) <i>Vanessa S.</i>		12:00PM-1:00PM (Water) <i>Vanessa S.</i>		12:00PM-1:00PM (Water) <i>Vanessa S.</i>		
TRX TRX Studio	5:30PM-6:15PM (Strength) <i>Michelle W.</i>	4:30PM-5:15PM (Strength) <i>Kellie M.</i>	11:00AM-11:45AM (Strength) <i>Tammy L.</i> 4:30PM-5:15PM (Strength) <i>Kellie M.</i>			9:30AM-10:15AM (Strength) <i>Kellie M.</i>	
Deep Stretch Yoga	5:30PM-6:00PM (Yoga) <i>Brooke L.</i>		5:30PM-6:00PM (Yoga) <i>Brooke L.</i>				
Pound Group Exercise Studio	5:30PM-6:30PM (Cardio) <i>Kim H.</i> 5:30PM-6:15PM (Cardio) <i>Kim H.</i>		9:30AM-10:30AM (Cardio) <i>Kim H.</i>				
Xtreme Hip Hop Group Exercise Studio	6:30PM-7:30PM (Cardio) <i>Maria P.</i> 7:30PM-8:15PM (Cardio) <i>Maria P.</i>						
Pilates Max Group Exercise Studio		8:30AM-9:30AM (Barre Pilates Core) <i>Kim H.</i>		8:30AM-9:30AM (Barre Pilates Core) <i>Kim H.</i>			
Body Sculpt Group Exercise Studio		9:30AM-10:30AM (Strength) <i>Miriam B.</i>					
Barre Group Exercise Studio		10:30AM-11:30AM (Barre Pilates Core) <i>Tammy L.</i>				8:15AM-9:15AM (Barre Pilates Core) <i>Kim H.</i>	
Line Dancing Yoga		10:30AM-11:30AM (Dance) <i>Patti M.</i>	4:30PM-5:30PM (Dance) <i>Patti M.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Barre Spin Studio		10:30AM-11:15AM (Barre Pilates Core) <i>Tammy L.</i>					
Pound Yoga		10:30AM-11:30AM (Cardio) <i>Tammy L.</i>					
Tai Chi Group Exercise Studio		11:00AM-11:45AM (Yoga) <i>George P.</i>					
Power Cuts Group Exercise Studio		5:30PM-6:30PM (Strength) <i>Vanessa S.</i>		5:30PM-6:30PM (Strength) <i>Vanessa S.</i>			
Shallow Water Exercise Pool			10:00AM-11:00AM (Water) <i>Vasti U.</i>		10:00AM-11:00AM (Water) <i>Betty T.</i>		
Step and Strength Group Exercise Studio			5:30PM-6:30PM (Strength) <i>Michelle W.</i>				
Pilates Group Exercise Studio				4:30PM-5:15PM (Barre Pilates Core) <i>Kim H.</i>			
CANCELED: M.A.D. Group Exercise Studio					8:30AM-9:30AM (Cardio) <i>Miriam B.</i>		
Circuit Training Group Exercise Studio					9:30AM-10:30AM (Strength) <i>Kari R.</i>		
Cardio Dance Group Exercise Studio						9:45AM-10:30AM (Dance) <i>Valerie H.</i>	
Cardio Dance Yoga						10:00AM-10:45AM (Dance) <i>Valerie H.</i>	
CANCELED: Xtreme Hip Hop Group Exercise Studio						10:30AM-11:30AM (Cardio) <i>Maria P.</i>	
Core Strength Group Exercise Studio							3:00PM-4:00PM (Barre Pilates Core) <i>Pete D.</i>
Xtreme Burn (Pool							3:00PM-3:45PM (Water) <i>Leslie F.</i>
Xtreme Hip Hop Pool							3:15PM-4:00PM (Cardio) <i>Leslie F.</i>



Phifer Family YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT Group Exercise Studio	6:00AM-6:30AM (Strength) <i>Beth P.</i>	5:30PM-6:15PM (Strength) <i>Leah L.</i>	6:00AM-6:30AM (Strength) <i>Leah L.</i>				
Fit and Strong Group Exercise Studio	9:00AM-9:45AM (Senior) <i>Beth P.</i> 10:00AM-10:45AM (Senior) <i>Beth P.</i>		9:00AM-9:45AM (Senior) <i>Leah L.</i> 10:00AM-10:45AM (Senior) <i>Leah L.</i>		10:00AM-10:45AM (Senior) <i>Emily E.</i>		
Water Fitness Pool	9:00AM-10:00AM (Water) <i>Pat R.</i>	9:00AM-10:00AM (Water) <i>Melaine G.</i>		9:00AM-10:00AM (Water) <i>Rotating I.</i>			
Arthritis Fitness - Water Pool	10:00AM-11:00AM (Water) <i>Pat R.</i>						
Yoga (Mixed Levels) Group Exercise Studio	11:00AM-12:00PM (Yoga) <i>Karin N.</i>	11:00AM-12:00PM (Yoga) <i>Karin N.</i> 6:30PM-7:30PM (Yoga) <i>Patricia H.</i>	11:00AM-12:00PM (Yoga) <i>Karin N.</i> 5:30PM-6:15PM (Yoga) <i>Patricia H.</i>	11:00AM-12:00PM (Yoga) <i>Karin N.</i> 6:30PM-7:30PM (Yoga) <i>Patricia H.</i>	11:00AM-12:00PM (Yoga) <i>Karin N.</i>		
Athletic Stretch Group Exercise Studio	12:15PM-12:45PM (Yoga) <i>Emily E.</i>						
POP Pilates Group Exercise Studio	5:30PM-6:15PM (Barre Pilates Core) <i>Emily E.</i>				9:00AM-9:45AM (Barre Pilates Core) <i>Janna K.</i>		
Zumba Group Exercise Studio	6:30PM-7:15PM (Dance) <i>Cara S.</i>						
Cardio Dance Group Exercise Studio	6:30PM-7:15PM (Dance) <i>Emily E.</i>					10:15AM-11:00AM (Dance) <i>Cara S.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Group Exercise Studio		8:15AM-9:00AM (Barre Pilates Core) <i>Emily E.</i>		8:15AM-9:00AM (Barre Pilates Core) <i>Janna K.</i> 10:00AM-10:45AM (Barre Pilates Core) <i>Janna K.</i>		8:15AM-9:00AM (Barre Pilates Core) <i>Janna K.</i>	
Balance & Strength Group Exercise Studio		9:15AM-10:00AM (Strength) <i>Beth P.</i>					
Cardio Strength: Low Impact Group Exercise Studio		10:00AM-10:45AM (Strength) <i>Beth P.</i>					
Aqua Stand Up Pool		10:00AM-10:45AM (Water) <i>Patricia H.</i> 5:30PM-6:15PM (Water) <i>Patricia H.</i>					
Athletic Conditioning Group Exercise Studio		12:15PM-12:45PM (Strength) <i>Emily E.</i>		12:15PM-12:45PM (Strength) <i>Emily E.</i> 5:30PM-6:15PM (Strength) <i>Beth P.</i>			
Cycle Express Group Exercise Studio		4:30PM-5:00PM (Cycle) <i>Alex T.</i>	12:15PM-12:45PM (Cycle) <i>Leila C.</i>				
CANCELED: Water Fitness Pool			9:00AM-10:00AM (Water) <i>Pat R.</i>				
CANCELED: Arthritis Fitness - Water Pool			10:00AM-11:00AM (Water) <i>Pat R.</i>				
Step Group Exercise Studio			6:30PM-7:30PM (Cardio) <i>Beth P.</i>				
Cycle Strength Group Exercise Studio					6:00AM-7:00AM (Cycle) <i>Alex T.</i>		
Cycle Group Exercise Studio						9:15AM-10:00AM (Cycle) <i>Leila C.</i>	
Family Zumba Group Exercise Studio						11:00AM-11:45AM (Dance) <i>Cara S.</i>	



Sallys YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stronger Gym	8:30AM-9:15AM (Strength) <i>Dana A.</i>				8:30AM-9:15AM (Strength) <i>Lauren C.</i> 8:30AM-9:15AM (Strength) <i>Lauren R.</i>		
Step Large Group Exercise	8:30AM-9:15AM (Cardio) <i>Lauren C.</i>						
Women's Progressive Weight Training *Fee based class Fitness Floor	9:30AM-10:30AM (Paid Programming) <i>London S.</i> 11:30AM-12:30PM (Paid Programming) <i>London S.</i>	9:30AM-10:30AM (Paid Programming) <i>Kellie W.</i> 5:15PM-6:15PM (Paid Programming) <i>London S.</i> 5:15PM-6:15PM (Paid Programming) <i>London S.</i> 5:15PM-6:15PM (Paid Programming) <i>Garrett H.</i>	9:30AM-10:30AM (Paid Programming) <i>Kellie W.</i> 9:30AM-10:30AM (Paid Programming) <i>Kellie W.</i> 11:30AM-12:30PM (Paid Programming) <i>Garrett H.</i>	9:30AM-10:30AM (Paid Programming) <i>Kellie W.</i> 5:15PM-6:15PM (Paid Programming) <i>Garrett H.</i> 5:15PM-6:15PM (Paid Programming) <i>London S.</i>			
Barre Large Group Exercise	9:30AM-10:15AM (Barre Pilates Core) <i>Lauren C.</i>		8:30AM-9:15AM (Barre Pilates Core) <i>Lauren R.</i>		8:30AM-9:15AM (Barre Pilates Core) <i>Mackenzie B.</i>		
Cycle Gym	9:30AM-10:15AM (Cycle) <i>Dana A.</i>		9:30AM-10:15AM (Cycle) <i>Becca R.</i>		9:30AM-10:15AM (Cycle) <i>Lauren C.</i>		
Deep Stretch Large Group Exercise	10:30AM-11:15AM (Yoga) <i>Lauren C.</i>		10:30AM-11:15AM (Yoga) <i>Becca R.</i> 10:30AM-11:15AM (Yoga) <i>Becca R.</i>	9:30AM-10:20AM (Yoga) <i>Becca R.</i>	9:30AM-10:15AM (Yoga) <i>Kim H.</i> 9:30AM-10:20AM (Yoga) <i>Kim H.</i>		
Cardio Strength: Low Impact Large Group Exercise	11:30AM-12:15PM (Strength) <i>Mary C.</i>	10:45AM-11:30AM (Strength) <i>Katie S.</i>	11:30AM-12:15PM (Strength) <i>Mary C.</i>	10:45AM-11:30AM (Strength) <i>Katie S.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Strength Gym	12:00PM-12:45PM (Cycle) <i>Katie S.</i>		12:00PM-12:45PM (Cycle) <i>Kellie W.</i>				
Cycle Cycle Studio	4:30PM-5:15PM (Cycle) <i>Mackenzie B.</i> 5:30PM-6:15PM (Cycle) <i>Dawn S.</i>	8:30AM-9:15AM (Cycle) <i>Kenneth B.</i>		8:30AM-9:15AM (Cycle) <i>Kenneth B.</i>		9:30AM-10:15AM (Cycle) <i>Becca R.</i>	
Core Strength Large Group Exercise	5:30PM-6:15PM (Barre Pilates Core) <i>Mackenzie B.</i>						
All About Bands Fitness Floor		8:15AM-8:30AM (Strength) <i>Rebecca G.</i>					
Yoga (Mixed Levels) Large Group Exercise		8:30AM-9:15AM (Yoga) <i>Becca R.</i>					
Group Fight Gym		8:30AM-9:15AM (Cardio) <i>Krista H.</i>					
Cardio Dance Gym		9:30AM-10:15AM (Dance) <i>Krista H.</i> 9:30AM-10:15AM (Dance) <i>Krista H.</i>					
Glute & Core Gym		9:30AM-10:15AM (Barre Pilates Core) <i>Lauren R.</i>					
Group Power Large Group Exercise		9:30AM-10:30AM (Strength) <i>Heather G.</i>		9:30AM-10:20AM (Strength) <i>Heather G.</i>			
Cardio Strength Interval Large Group Exercise		10:45AM-11:30AM (Strength) <i>Katie S.</i>					
Yoga (Mixed Levels) Unity Presbyterian Church		4:30PM-5:30PM (Yoga) <i>Rick R.</i>			9:30AM-10:30AM (Yoga) <i>Rick R.</i>		
Zumba Large Group Exercise		6:00PM-6:45PM (Dance) <i>Amber H.</i>					
Cardio Strength Interval Gym			8:30AM-9:15AM (Strength) <i>Kellie W.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stronger Large Group Exercise			9:30AM-10:15AM (Strength) <i>Mary C.</i>			8:30AM-9:15AM (Strength) <i>Lauren C.</i>	
Power Circuit Gym				8:30AM-9:15AM (Strength) <i>Lauren R.</i>			
Power Flow Large Group Exercise				8:30AM-9:15AM (Yoga) <i>Becca R.</i>			
Cardio Dance Large Group Exercise					8:30AM-9:15AM (Dance) <i>Krista H.</i>		
Group Fight Large Group Exercise					9:30AM-10:15AM (Cardio) <i>Krista H.</i>		
Water Fitness Outdoor Pool						9:00AM-9:45AM (Water) <i>Betsy S.</i>	