



Hickory Foundation YMCA | June 9th - June 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Studio A				5:15AM-6:00AM (Cycle) <i>Tammy H.</i>			
Cycle Cycle Room				5:15AM-6:00AM (Cycle) <i>Leah L.</i> 5:30PM-6:15PM (Cycle) <i>Molly A.</i> 5:30PM-6:00PM (Cycle) <i>Jessica M.</i> 5:30PM-6:15PM (Cycle) <i>Nikki I.</i>	9:00AM-9:45AM (Cycle) <i>Kathleen C.</i>		
TRX Studio A				6:00AM-6:45AM (Strength) <i>Kathleen C.</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>Jessica M.</i>		
Fit and Strong Studio A				8:00AM-8:45AM (Senior) <i>Kathleen C.</i>	8:00AM-8:45AM (Senior) <i>Jessica M.</i>		
Senior Yoga Saint Aloysius Catholic Fellowship Hall				8:45AM-9:30AM (Senior) <i>Libby T.</i> 8:45AM-9:30AM (Senior) <i>Libby T.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Power Cuts Functional Training Room				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>	
Senior Yoga Studio A				9:00AM-9:45AM (Senior) <i>Lorie C.</i>			
Power Cuts Studio A				9:00AM-9:45AM (Strength) <i>Kathleen C.</i> 5:30PM-6:15PM (Strength) <i>Jody F.</i>			
Cardio Punch Studio A				10:00AM-10:45AM (Cardio) <i>Leila C.</i>			
Aqua Zumba Indoor Pool				10:00AM-10:45AM (Water) <i>Tawny H.</i>			
Yoga (Mixed Levels) Yoga - First Presbyterian Church				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>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>	
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>			
Shallow Water Exercise Outdoor Pool				6:00PM-7:00PM (Water) <i>Sharon T.</i>	9:00AM-10:00AM (Water) <i>Renee D.</i>		
Shallow Water Exercise Indoor Pool				6:00PM-7:00PM (Water) <i>Sharon T.</i>	10:00AM-11:00AM (Water) <i>Renee D.</i>		

	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>		
Bootcamp Functional Training Room					5:00AM-5:45AM (Strength) <i>Nikki I.</i> 6:00AM-6:45AM (Strength) <i>Nikki I.</i>		
Silver Sneakers Classic Saint Aloysius Catholic Fellowship Hall					8:45AM-9:30AM (Senior) <i>Nikki I.</i> 9:45AM-10:30AM (Senior) <i>Nikki I.</i>		
Silver Sneakers Classic Studio A					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>		
Cardio Dance Studio A					9:00AM-9:45AM (Dance) <i>Toni N.</i>		
Cardio Dance Functional Training Room					9:00AM-9:45AM (Dance) <i>Toni N.</i>		
All About Bands Studio A					10:00AM-10:45AM (Strength) <i>Kathleen C.</i>		
All About Bands Functional Training Room					10:00AM-10:45AM (Strength) <i>Kathleen C.</i>		
Ashtanga Yoga Flow Yoga - First Presbyterian Church					11:30AM-12:30PM (Yoga) <i>Jay J.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CANCELED: Cycle Cycle Room						8:15AM-9:00AM (Cycle) <i>Rotating I.</i> 9:15AM-10:00AM (Cycle) <i>Rotating I.</i>	
CANCELED: Power Cuts Studio A						9:00AM-9:50AM (Strength) <i>Jody F.</i>	
CANCELED: Zumba Studio A						10:00AM-11:00AM (Dance) <i>Alexandria T.</i>	



Adrian L. Shuford Jr. YMCA | June 9th - June 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Spin Studio				6:00AM-6:45AM (Cycle) <i>Marsha D.</i> 8:00AM-8:45AM (Cycle) <i>Nikki I.</i>	6:00AM-6:45AM (Cycle) <i>Marni K.</i>		
Bootcamp Yoga				8:30AM-9:45AM (Strength) <i>Nikki I.</i>			
Pilates Max Group Exercise Studio				8:30AM-9:15AM (Barre Pilates Core) <i>Kim H.</i>			
Deep Water Pool				8:30AM-9:15AM (Water) <i>Patti M.</i> 6:00PM-6:45PM (Water) <i>Rotating I.</i>	8:30AM-9:15AM (Water) <i>Betty T.</i>		
Zumba Group Exercise Studio				9:30AM-10:15AM (Dance) <i>Vasti U.</i> 6:30PM-7:15PM (Dance) <i>Shavodka N.</i>	5:30PM-6:15PM (Dance) <i>Shavodka N.</i>		
Yoga (Mixed Levels) Yoga				12:00PM-12:45PM (Yoga) <i>Pete D.</i>	7:30AM-8:15AM (Yoga) <i>Pete D.</i>	8:30AM-9:15AM (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>
Pilates Group Exercise Studio				4:30PM-5:15PM (Barre Pilates Core) <i>Kim H.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Power Cuts Group Exercise Studio				5:30PM-6:15PM (Strength) <i>Vanessa S.</i>			
M.A.D. Group Exercise Studio					8:30AM-9:15AM (Cardio) <i>Miriam B.</i>		
Circuit Training Group Exercise Studio					9:30AM-10:15AM (Strength) <i>Kari R.</i>		
Shallow Water Exercise Pool					10:00AM-10:45AM (Water) <i>Betty T.</i>		
Silver Sneakers Classic Group Exercise Studio					11:00AM-11:45AM (Senior) <i>Kari R.</i> 12:00PM-12:45PM (Senior) <i>Nikki I.</i>		
Silver Wings Pool					12:00PM-12:45PM (Water) <i>Vanessa S.</i>		
Barre Group Exercise Studio						8:30AM-9:15AM (Barre Pilates Core) <i>Kim H.</i>	
TRX TRX Studio						9:30AM-10:15AM (Strength) <i>Kellie M.</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>	
Xtreme Hip Hop Group Exercise Studio						10:30AM-11:15AM (Cardio) <i>Maria P.</i>	
Core Strength Group Exercise Studio							3:00PM-4:00PM (Barre Pilates Core) <i>Pete D.</i>



Sallys YMCA | June 9th - June 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT Large Group Exercise				6:00AM-6:45AM (Strength) <i>Dawn S.</i>			
Power Circuit Gym				8:30AM-9:15AM (Strength) <i>Lauren R.</i>			
Cycle Cycle Studio				8:30AM-9:15AM (Cycle) <i>Kenneth B.</i>		9:30AM-9:15AM (Cycle) <i>Lauren C.</i> 9:30AM-10:15AM (Cycle) <i>Dawn S.</i> 9:30AM-10:15AM (Cycle) <i>Lauren C.</i>	
Power Flow Large Group Exercise				8:30AM-9:15AM (Yoga) <i>Lauren C.</i>			
Aqua Zumba Outdoor Pool				9:00AM-9:45AM (Water) <i>Sue N.</i>			
Deep Stretch Large Group Exercise				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>		
Women's Progressive Weight Training *Fee based class Fitness Floor				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>Garrett H.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Power Large Group Exercise				9:30AM-10:20AM (Strength) <i>Heather G.</i>			
Cardio Strength: Low Impact Large Group Exercise				10:45AM-11:30AM (Strength) <i>Katie S.</i>			
CO-ED SMALL GROUP WEIGHTLIFTING Fitness Floor				5:30PM-6:30PM (Paid Programming) <i>London S.</i>			
Cardio Dance Large Group Exercise					8:30AM-9:15AM (Dance) <i>Lauren C.</i>		
Barre Large Group Exercise					8:30AM-9:15AM (Barre Pilates Core) <i>Mackenzie B.</i>		
Stronger Gym					8:30AM-9:15AM (Strength) <i>Kellie W.</i> 8:30AM-9:15AM (Strength) <i>Lauren R.</i>		
Cardio Kickbox Large Group Exercise					8:30AM-9:15AM (Cardio) <i>Lauren C.</i>		
Group Fight Large Group Exercise					9:30AM-10:15AM (Cardio) <i>Krista H.</i>		
Yoga (Mixed Levels) Unity Presbyterian Church					9:30AM-10:30AM (Yoga) <i>Rick R.</i>		
Cycle Gym					9:30AM-10:15AM (Cycle) <i>Lauren R.</i>		
Stronger Large Group Exercise						8:30AM-9:15AM (Strength) <i>Lauren C.</i>	
Water Fitness Outdoor Pool						9:00AM-9:45AM (Water) <i>Betsy S.</i>	



Phifer Family YMCA | June 9th - June 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Group Exercise Studio				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>Emily E.</i>	
Water Fitness Pool				9:00AM-10:00AM (Water) <i>Rotating I.</i>			
Yoga (Mixed Levels) Group Exercise Studio				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 Conditioning Group Exercise Studio				12:15PM-12:45PM (Strength) <i>Toni R.</i> 5:30PM-6:15PM (Strength) <i>Leah L.</i>			
Aqua Zumba Pool				5:00PM-6:00PM (Water) <i>Maggie W.</i>			
Cycle Strength Group Exercise Studio					6:00AM-7:00AM (Cycle) <i>Alex T.</i>		
POP Pilates Group Exercise Studio					9:00AM-9:45AM (Barre Pilates Core) <i>Janna K.</i>		
Fit and Strong Group Exercise Studio					10:00AM-10:45AM (Senior) <i>Emily E.</i>		
Cycle Group Exercise Studio						9:15AM-10:00AM (Cycle) <i>Emily E.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Dance Group Exercise Studio						10:15AM-11:00AM (Dance) <i>Cara S.</i>	
Family Zumba Group Exercise Studio						11:00AM-11:45AM (Dance) <i>Cara S.</i>	



Lincoln County Family YMCA | June 9th - June 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Fitness Pool				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>Alisha F.</i>		
Foundation Training Group Ex Studio				9:15AM-10:00AM (Strength) <i>Ashley G.</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>			
Yoga (Mixed Levels) Group Ex Studio				5:30PM-6:15PM (Yoga) <i>Mary M.</i>	8:00AM-8:45AM (Yoga) <i>Gail C.</i>	8:00AM-8:45AM (Yoga) <i>Dina B.</i>	
Power Yoga Group Ex Studio				5:30PM-6:15PM (Yoga) <i>Dina B.</i>			
Zumba Group Ex Studio				6:45PM-7:30PM (Dance) <i>Amber H.</i>			
HIIT Group Ex Studio					5:10AM-6:00AM (Strength) <i>Elizabeth R.</i>		
Cycle Group Ex Studio					9:00AM-9:45AM (Cycle) <i>Gail C.</i>		
Aqua Zumba Pool						9:00AM-9:45AM (Water) <i>Raven P.</i>	
Group Power Group Ex Studio						9:00AM-9:45AM (Strength) <i>Dina B.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Strength Group Ex Studio						10:00AM-10:45AM (Cycle) <i>Jennifer P.</i>	