



NOVEMBER GROUP EXERCISE SCHEDULE

MON	8:30 AM	Stronger	Lauren	Gym
	8:30 AM	Step	Lauren C	LGE
	9:30 AM	Cycle	Dana	Gym
	9:30 AM	Barre	Lauren C	LGE
	10:30 AM	Deep Stretch	Lauren C	LGE
	11:30 AM	Cardio Strength Lite	Mary C	LGE
	12:00 PM	Cycle Strength	Katie	Gym
TUE	8:30 AM	Deep Stretch	Becca	LGE
	8:30 AM	Cycle	Ken	Cycle Studio
	9:30 AM	Group Power	Heather	LGE
	10:45 AM	Cardio Strength	Kim/Katie	LGE
	4:30 PM	Yoga	Rick	Unity Presbyterian Church
	6:00 PM	Zumba	Amber	LGE
WED	8:30 AM	Cardio Strength	Kellie	Gym
	8:30 AM	Barre	Lauren C.	LGE
	9:30 AM	Core Strength	Mary	LGE
	9:30 AM	Cycle	Lauren C.	Gym
	10:30 AM	Deep Stretch	Becca	LGE
	11:30 AM	Cardio Strength Lite	Mary	LGE
	12:00 PM	Cycle Strength	Kellie	Gym
THUR	8:30 AM	Power Circuit	Heather F.	Gym
	8:30 AM	Cycle	Ken	Cycle Studio
	8:30 AM	Power Flow	Lauren C.	Large Group Ex
	9:30 AM	Group Power	Heather	LGE
	10:45 AM	Cardio Strength Lite	Katie	LGE
FRI	8:30 AM	Stronger	Lauren/Kellie	Gym
	8:30 AM	Cardio Dance	Krista	LGE
	9:30 AM	Cycle	Lauren R	Gym
	9:30 AM	Yoga	Kim	LGE
	9:30 AM	Yoga	Rick	Unity Presbyterian Church
SAT	8:30 AM	Stronger	Lauren C	LGE
	9:30 AM	Cycle	Lauren C/Becca	Cycle

ANNOUNCEMENTS

NEW CLASSES:
TUESDAYS 6 PM ZUMBA
FRIDAYS 8:30 AM CARDIO DANCE

KIDS NIGHT OUT
JOIN US 11/8 5 PM-9 PM

NO CLASSES 11/25-11/30 DUE TO FLOOR REFURBISHING

Holiday Hours
11/27 5 am –3 pm
11/28 Closed Happy Thanksgiving
11/29 5 am –8 pm



Available on the
App Store



ANDROID APP ON
Google Play

At the YMCA, we pride ourselves on building a stronger community in our group exercise program. Our class composition consist of: 45-60 minutes of recommended instruction time based off class style, social support and group interaction. Our certified instructors take an intentional approach to build lasting relationships that enhance the overall group family experience at the YMCA. We welcome ALL to join our class community!

Sally's YMCA 1601 Forney Creek Pkwy Denver NC 28037
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