



Ferguson Family YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Westridge CrossFit Westridge CrossFit Sign Up				5:00AM-6:00AM (Combination) <i>Mandy M.</i> 6:00AM-7:00AM (Combination) <i>Mandy M.</i> 7:00AM-8:00AM (Combination) <i>Mandy M.</i> 9:00AM-10:00AM (Combination) <i>Mandy M.</i> 6:00PM-7:00PM (Combination) <i>Elizabeth H.</i>	6:00AM-7:00AM (Combination) <i>Kevin H.</i> 7:00AM-8:00AM (Combination) <i>Kevin H.</i> 9:00AM-10:00AM (Combination) <i>Mandy M.</i> 5:30PM-6:30PM (Combination) <i>Elizabeth H.</i>	9:00AM-10:00AM (Combination) <i>Elizabeth H.</i>	
Cycle Cycle Studio Sign Up				6:00AM-7:00AM (Cardio) <i>Steve B.</i> 9:00AM-10:00AM (General) <i>Steve B.</i> 5:30PM-6:30PM (Cardio) <i>Amy T.</i>	9:15AM-10:15AM (Cardio) <i>Mike S.</i>	8:15AM-9:15AM (Cardio) <i>Christina W.</i>	
BODYPUMP Fitness Studio Sign Up				6:00AM-7:00AM (Strength) <i>Elizabeth B.</i> 5:30PM-6:30PM (Strength) <i>Illysa H.</i>		9:15AM-10:00AM (Strength) <i>Katie K.</i>	
PAID-LiftMore for Bone Health Westridge CrossFit				8:15AM-9:00AM (Combination) <i>Mandy M.</i> 11:15AM-12:00PM (Combination) <i>Mandy M.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Barre Fitness Studio Sign Up				8:15AM-9:00AM (Barre) <i>Suzanne I.</i>			
BODYBALANCE Fitness Studio Sign Up				9:15AM-10:00AM (Mind Body) <i>Dawn S.</i>			
Low Impact Fitness Fitness Studio Sign Up				10:15AM-11:05AM (Combination) <i>Lynne F.</i>			
Slow Flow Yoga Multi-Purpose Room Sign Up				10:15AM-11:05AM (Mind Body) <i>Tom H.</i>			
TRX Westridge CrossFit Sign Up				10:15AM-11:00AM (General) <i>Steve B.</i>	10:15AM-11:00AM (Strength) <i>Gillian H.</i>		
Rock Steady Boxing Fitness Studio				11:15AM-12:45PM (Combination) <i>Erica B.</i>			
Open Gym Westridge CrossFit				12:00PM-4:00PM (General) <i>Staff</i>	12:00PM-4:00PM (General) <i>Staff</i>	12:00PM-4:00PM (General) <i>Staff</i>	
LIVESTRONG at the YMCA Fitness Studio				2:00PM-3:30PM (Healthy Aging Event) <i>Lynne F.</i>			
Tai Chi -Advanced Multi-Purpose Room Sign Up				4:00PM-5:00PM (Mind Body) <i>Merideth F.</i>			
Athletic Conditioning Fitness Studio Sign Up				4:30PM-5:15PM (Combination) <i>Amy A.</i>	6:00AM-6:45AM (Combination) <i>Amy T.</i>		
Vinyasa Yoga Fitness Studio Sign Up					7:00AM-8:00AM (Mind Body) <i>Bekah H.</i>		
BODYCOMBAT Fitness Studio Sign Up					8:15AM-9:00AM (Combination) <i>Dawn S.</i>		
Gentle Yoga Fitness Studio Sign Up					9:15AM-10:05AM (Mind Body) <i>Sascha F.</i>		
Yogalates Multi-Purpose Room Sign Up					9:15AM-10:05AM (Mind Body) <i>Gillian H.</i>		
Zumba Fitness Studio Sign Up					10:15AM-11:05AM (Dance) <i>Lena S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tai Chi-Arthritis & Balance Multi-Purpose Room Sign Up					10:30AM-11:30AM (Mind Body) <i>Merideth F.</i>		
Intro to Pilates Fitness Studio Sign Up					11:15AM-12:00PM (Mind Body) <i>Carrie J.</i>		
Ferguson Fit Fitness Studio					1:00PM-2:00PM (Combination) <i>Lynne F.</i>		
Hip Hop Fitness Fitness Studio Sign Up						10:15AM-11:05AM (Dance) <i>Becky L.</i>	
Bouncing Books Multi-Purpose Room Sign Up						11:00AM-12:00PM (Kids) <i>Kate S.</i>	
CANCELED: Slow Flow Yoga Multi-Purpose Room Sign Up							10:15AM-11:30AM (Mind Body) <i>Tom H.</i>
CANCELED: BODYPUMP Fitness Studio Sign Up							10:15AM-11:00AM (Combination) <i>Jack K.</i>
CANCELED: Open Gym Westridge CrossFit							12:00PM-4:00PM (General) <i>Staff</i>



Corpening Memorial YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Training Studio B Sign Up				5:30AM-6:15AM (General) <i>Suzanne H.</i>	9:00AM-9:45AM (Strength) <i>Beth P.</i>	10:00AM-10:45AM (Strength) <i>Leslie H.</i>	
Cycle Cycle Studio Sign Up				9:00AM-9:45AM (General) <i>Joyce B.</i>		9:00AM-9:45AM (Cardio) <i>Joyce B.</i>	
Vinyasa Yoga Studio A Sign Up				9:00AM-10:00AM (Mind Body) <i>Miranda H.</i>			
Fluid Movement Pool Sign Up				9:30AM-10:30AM (Aquatics) <i>Jeanette J.</i>	9:30AM-10:30AM (Aquatics) <i>Louise G.</i>		
BODYPUMP Studio B Sign Up				10:00AM-10:45AM (Strength) <i>Mary S.</i>			
Tai Chi-Arthritis & Balance Studio A Sign Up				10:15AM-11:15AM (Mind Body) <i>Janice D.</i>			
Cardio Fusion Studio B Sign Up				4:30PM-5:15PM (General) <i>Leslie H.</i>			
Zumba Lift Studio B Sign Up				6:00PM-6:45PM (General) <i>Tracy S.</i>			
Line Dancing Gym Sign Up					8:00AM-8:45AM (Dance) <i>Michelle H.</i>		
Tai Chi Studio B Sign Up					10:00AM-11:00AM (Mind Body) <i>David M.</i>		
Strength and Balance Studio A Sign Up					10:00AM-10:45AM (Strength) <i>Beth P.</i>		
Line Dancing Studio B Sign Up						11:00AM-11:45AM (Dance) <i>Michelle H.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Studio A Sign Up							2:00PM-3:00PM (Mind Body) <i>Gergana A.</i>



Hendersonville Family YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP Express Fitness Studio Sign Up				5:45AM-6:30AM (Strength) <i>Mimi C.</i> 11:00AM-11:45AM (Combination) <i>Ann F.</i>	10:00AM-10:45AM (Combination) <i>Christina H.</i>		
Rise and Shine Fitness Studio Sign Up				8:00AM-8:45AM (Combination) <i>Lee H.</i>			
Athletic Conditioning Gym/Outside Sign Up				9:00AM-9:55AM (High Intensity Interval) <i>Leo G.</i>		9:00AM-9:55AM (Combination) <i>Leo G.</i>	
Cycle Cycle Studio Sign Up				9:00AM-9:45AM (Cardio) <i>Carrie H.</i>	9:00AM-9:45AM (Cardio) <i>Mary A.</i>	8:30AM-9:15AM (Cardio) <i>Claire N.</i>	
Step Fitness Studio Sign Up				9:00AM-9:45AM (Cardio) <i>Kelly M.</i>			
Hydro Burn Pool Sign Up				9:10AM-10:00AM (Aquatics) <i>Doreen B.</i> 6:10PM-7:00PM (Aquatics) <i>Roxanna P.</i>			
Barre Fitness Studio Sign Up				10:00AM-10:45AM (Barre) <i>Ann F.</i>			
Tai Chi Fitness Studio Sign Up				12:00PM-12:55PM (Mind Body) <i>Sharon M.</i>			
Slow Flow Yoga Fitness Studio Sign Up				1:00PM-2:00PM (Mind Body) <i>Lee H.</i>			
Chair Yoga Fitness Studio Sign Up				2:15PM-3:15PM (Mind Body) <i>Lee H.</i>			
Total Body Training Fitness Studio Sign Up				4:00PM-4:45PM (Strength) <i>Melissa F.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYCOMBAT Fitness Studio Sign Up				5:00PM-5:55PM (Cardio) <i>Ashley B.</i>	8:00AM-8:45AM (Cardio) <i>Allyson B.</i>	8:30AM-9:15AM (Cardio) <i>Allyson B.</i>	
Zumba Fitness Studio Sign Up				6:00PM-6:55PM (Dance) <i>Carmen V.</i>		9:30AM-10:20AM (Dance) <i>Therese L.</i>	
Vinyasa Yoga Fitness Studio Sign Up				7:00PM-8:00PM (Mind Body) <i>Elle B.</i>		10:30AM-11:30AM (Mind Body) <i>Lindsay F.</i>	
HIIT Gym Sign Up					5:45AM-6:30AM (Combination) <i>Todd S.</i>		
Pilates Gym Sign Up					8:00AM-8:45AM (Mind Body) <i>Wendy S.</i>		
TRX Gym/Outside Sign Up					9:00AM-9:45AM (Combination) <i>Ann F.</i> 10:00AM-10:45AM (Combination) <i>Caryl C.</i>		
NIA Fitness Studio Sign Up					9:00AM-9:45AM (Dance) <i>Helen W.</i>		
Aqua Tabata Pool Sign Up					9:10AM-10:00AM (Aquatics) <i>Wendy S.</i>		
Cardio Splash Pool Sign Up					10:10AM-11:00AM (Aquatics) <i>Wendy S.</i>		
Gentle Yoga Gym Sign Up					11:00AM-11:55AM (Mind Body) <i>Christina H.</i>		
Fluid Movement Pool Sign Up					11:10AM-12:00PM (Aquatics) <i>Wendy S.</i>		
Low Impact Fitness Gym/Outside Sign Up					12:15PM-1:10PM (Mind Body) <i>Roswitha F.</i>		
Pilates Fitness Studio Sign Up					12:15PM-1:00PM (General) <i>Linda C.</i>		
Pickle Ball Gym					1:15PM-3:15PM (General) <i>Staff</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tai Chi Club - Advanced Fitness Studio Sign Up					1:15PM-2:15PM (Mind Body) <i>Sharon M.</i>		
CANCELED: Hip Hop Fitness Fitness Studio Sign Up						11:45AM-12:45PM (Dance) <i>Katie W.</i>	
CANCELED: Yoga Sculpt Fitness Studio Sign Up							12:00PM-1:00PM (Combination) <i>Bill A.</i>
CANCELED: Hydro Burn Pool Sign Up							1:10PM-2:00PM (Aquatics) <i>Roswitha F.</i>
CANCELED: Power Yoga Fitness Studio Sign Up							1:30PM-2:30PM (Mind Body) <i>Bill A.</i>
CANCELED: Slow Flow Yoga Fitness Studio Sign Up							3:00PM-4:00PM (Mind Body) <i>Meredith G.</i>



Reuter Family YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Athletic Conditioning Functional Fitness Room Sign Up				5:45AM-6:30AM (General) <i>Emily S.</i>		8:00AM-9:00AM (High Intensity Interval) <i>Suzanne I.</i>	
BODYPUMP Express Studio A Sign Up				7:00AM-7:50AM (Strength) <i>Kathy B.</i> 12:00PM-12:50PM (Strength) <i>Kat H.</i>		10:05AM-10:55AM (Strength) <i>Peter W.</i>	
Aqua Fit Pool Sign Up				8:00AM-8:50AM (Aquatics) <i>Melissa F.</i>			
PIYO Live Studio A Sign Up				8:15AM-9:15AM (General) <i>Gena S.</i>			
Functional Flow Mind Body Studio Sign Up				8:15AM-9:15AM (Combination) <i>Julia S.</i>			
Cycle Cycle Studio Sign Up				8:30AM-9:15AM (Cardio) <i>Jay G.</i>	5:45AM-6:30AM (Cardio) <i>Audra G.</i> 9:30AM-10:15AM (General) <i>Kelly H.</i>	9:00AM-9:45AM (General) <i>Jay G.</i>	
Hydro Burn Pool Sign Up				9:00AM-9:50AM (Aquatics) <i>Melissa F.</i>			
Core Conditioning Mind Body Studio Sign Up				9:30AM-10:20AM (Strength) <i>Gena S.</i>			
TRX Functional Fitness Room Sign Up				9:30AM-10:15AM (Strength) <i>Karen B.</i> 10:30AM-11:15AM (Strength) <i>Karen B.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Mind Body Studio Sign Up				10:35AM-11:25AM (General) <i>Dianne H.</i>			
CANCELED: Dynamic Dance Studio A Sign Up				10:45AM-11:30AM (Dance) <i>Elaine C.</i>			
Chair Yoga Mind Body Studio Sign Up				11:40AM-12:40PM (Mind Body) <i>Jessica M.</i>	9:30AM-10:30AM (Mind Body) <i>Kathryn L.</i>		
HIT Functional Fitness Room Sign Up				12:15PM-1:00PM (High Intensity Interval) <i>Carolina P.</i>			
Ageless Grace Mind Body Studio Sign Up				1:00PM-1:45PM (Mind Body) <i>Vivian C.</i>			
Somatic Relief Mind Body Studio Sign Up				3:00PM-4:00PM (Mind Body) <i>Meredith R.</i>			
Kids Yoga 4-8 yrs Mind Body Studio Sign Up				4:15PM-5:00PM (Mind Body) <i>Kathryn L.</i>			
Total Body Strength Studio A Sign Up				5:30PM-6:15PM (Strength) <i>Taylor D.</i>			
Zumba Mind Body Studio Sign Up				6:05PM-6:55PM (Dance) <i>Kathy B.</i>			
Vinyasa Yoga Mind Body Studio Sign Up					8:15AM-9:15AM (General) <i>Becca S.</i>		
BODYPUMP Studio A Sign Up					8:15AM-9:15AM (General) <i>Gena S.</i>		
TRX Tabata Functional Fitness Room Sign Up					9:30AM-10:15AM (Combination) <i>Kat H.</i>		
Step Studio A Sign Up					9:30AM-10:20AM (Cardio) <i>Curtis P.</i>		
Zumba Studio A Sign Up					10:30AM-11:20AM (Dance) <i>Rico S.</i>	11:10AM-12:00PM (Dance) <i>Rico S.</i>	
Flex and Stretch Mind Body Studio Sign Up					11:00AM-12:00PM (Mind Body) <i>Petra S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Paid Program Functional Fitness Room					12:00PM-1:00PM (General) <i>Staff</i>		
Tai Chi-Arthritis & Balance Mind Body Studio Sign Up					12:45PM-1:45PM (Mind Body) <i>Merideth F.</i>		
Tai Chi 101 Studio A Sign Up					2:00PM-3:00PM (Mind Body) <i>Merideth F.</i>		
Hip Hop Fitness Studio A Sign Up						9:00AM-9:50AM (Dance) <i>Shellie W.</i>	
Power Yoga Mind Body Studio Sign Up						9:30AM-10:30AM (Mind Body) <i>Bill A.</i>	



Asheville YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Cycle Studio Sign Up				6:15AM-7:00AM (Cardio) <i>Julie W.</i> 5:45PM-6:30PM (Cardio) <i>JD D.</i>	9:00AM-9:45AM (Cardio) <i>Becky U.</i>	9:00AM-9:45AM (Cardio) <i>Aileen S.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Racquetball Tall Door Court Sign Up				6:30AM-7:20AM (General) <i>Staff</i>	6:30AM-7:20AM (General) <i>Staff</i>	7:30AM-8:20AM (General) <i>Staff</i>	
				7:30AM-8:20AM (General) <i>Staff</i>	7:30AM-8:20AM (General) <i>Staff</i>	8:30AM-9:20AM (General) <i>Staff</i>	
				8:30AM-9:20AM (General) <i>Staff</i>	8:30AM-9:20AM (General) <i>Staff</i>	9:30AM-10:20AM (General) <i>Staff</i>	
				9:30AM-10:20AM (General) <i>Staff</i>	9:30AM-10:20AM (General) <i>Staff</i>	10:30AM-11:20AM (General) <i>Staff</i>	
				10:30AM-11:20AM (General) <i>Staff</i>	10:30AM-11:20AM (General) <i>Staff</i>	11:30AM-12:20PM (General) <i>Staff</i>	
				11:30AM-12:20PM (General) <i>Staff</i>	11:30AM-12:20PM (General) <i>Staff</i>	12:30PM-1:20PM (General) <i>Staff</i>	
				12:30PM-1:20PM (General) <i>Staff</i>	12:30PM-1:20PM (General) <i>Staff</i>	1:30PM-2:20PM (General) <i>Staff</i>	
				1:30PM-2:20PM (General) <i>Staff</i>	1:30PM-2:20PM (General) <i>Staff</i>	2:30PM-3:20PM (General) <i>Staff</i>	
				2:30PM-3:20PM (General) <i>Staff</i>	2:30PM-3:20PM (General) <i>Staff</i>	3:30PM-4:20PM (General) <i>Staff</i>	
				3:30PM-4:20PM (General) <i>Staff</i>	3:30PM-4:20PM (General) <i>Staff</i>	4:30PM-5:20PM (General) <i>Staff</i>	
				4:30PM-5:20PM (General) <i>Staff</i>	4:30PM-5:20PM (General) <i>Staff</i>	5:30PM-6:20PM (General) <i>Staff</i>	
				5:30PM-6:20PM (General) <i>Staff</i>	5:30PM-6:20PM (General) <i>Staff</i>		
				6:30PM-7:20PM (General) <i>Staff</i>	6:30PM-7:20PM (General) <i>Staff</i>		
				7:30PM-8:20PM (General) <i>Staff</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Racquetball Short Door Court Sign Up				7:00AM-7:50AM (General) <i>Staff</i> 8:00AM-8:50AM (General) <i>Staff</i> 9:00AM-9:50AM (General) <i>Staff</i> 10:00AM-10:50AM (General) <i>Staff</i> 11:00AM-11:50AM (General) <i>Staff</i> 12:00PM-12:50PM (General) <i>Staff</i> 1:00PM-1:50PM (General) <i>Staff</i> 2:00PM-2:50PM (General) <i>Staff</i> 3:00PM-3:50PM (General) <i>Staff</i> 4:00PM-4:50PM (General) <i>Staff</i> 5:00PM-5:50PM (General) <i>Staff</i> 6:00PM-6:50PM (General) <i>Staff</i> 7:00PM-7:50PM (General) <i>Staff</i>	7:00AM-7:50AM (General) <i>Staff</i> 8:00AM-8:50AM (General) <i>Staff</i> 9:00AM-9:50AM (General) <i>Staff</i> 10:00AM-10:50AM (General) <i>Staff</i> 11:00AM-11:50AM (General) <i>Staff</i> 12:00PM-12:50PM (General) <i>Staff</i> 1:00PM-1:50PM (General) <i>Staff</i> 2:00PM-2:50PM (General) <i>Staff</i> 3:00PM-3:50PM (General) <i>Staff</i> 4:00PM-4:50PM (General) <i>Staff</i> 5:00PM-5:50PM (General) <i>Staff</i> 6:00PM-6:50PM (General) <i>Staff</i>	8:00AM-8:50AM (General) <i>Staff</i> 9:00AM-9:50AM (General) <i>Staff</i> 10:00AM-10:50AM (General) <i>Staff</i> 11:00AM-11:50AM (General) <i>Staff</i> 12:00PM-12:50PM (General) <i>Staff</i> 1:00PM-1:50PM (General) <i>Staff</i> 2:00PM-2:50PM (General) <i>Staff</i> 3:00PM-3:50PM (General) <i>Staff</i> 4:00PM-4:50PM (General) <i>Staff</i> 5:00PM-5:50PM (General) <i>Staff</i>			
Flex and Stretch Gym Sign Up				8:30AM-9:20AM (Combination) <i>Jen W.</i>					
Athletic Conditioning Studio O Sign Up				8:30AM-9:15AM (Combination) <i>Julie W.</i>	8:30AM-9:15AM (Combination) <i>Suzanne I.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hydro Burn South Pool Sign Up				9:00AM-9:50AM (Aquatics) <i>Shonna C.</i>	2:00PM-3:00PM (Aquatics) <i>Dee A.</i>		
Vinyasa Yoga Multi-Purpose Room Sign Up				9:00AM-10:15AM (Mind Body) <i>Becca S.</i>			
Pilates Studio Sign Up				9:45AM-10:45AM (Mind Body) <i>Suzanne I.</i>	1:15PM-2:15PM (Pilates) <i>Suzanne I.</i>		
Aqua Zumba South Pool Sign Up				10:00AM-10:50AM (Aquatics) <i>Lena S.</i>			
Legends Basketball (35+) Gym				10:30AM-12:30PM (General) <i>Staff</i>		9:30AM-1:00PM (General) <i>Staff</i>	
TRX Multi-Purpose Room Sign Up				11:00AM-11:45AM (Strength) <i>Julie W.</i> 4:30PM-5:15PM (Strength) <i>Becca S.</i>	12:00PM-12:45PM (Strength) <i>JD D.</i>	8:30AM-9:15AM (Strength) <i>JD D.</i>	
BODYPUMP Express Studio Sign Up				11:00AM-11:45AM (Strength) <i>Karen J.</i>			
BODYBALANCE Multi-Purpose Room Sign Up				12:00PM-1:00PM (Mind Body) <i>Karen J.</i>			
Strength Fusion Studio Sign Up				12:00PM-1:00PM (Strength) <i>Kristina S.</i>			
Deep Water Fitness South Pool Sign Up				2:00PM-3:00PM (Aquatics) <i>Amy L.</i>	8:30AM-9:20AM (Aquatics) <i>Amy L.</i>		
Pickle Ball Gym				2:15PM-4:15PM (General) <i>Staff</i>	2:15PM-4:15PM (General) <i>Staff</i>		
Vinyasa Yoga Studio Sign Up				4:30PM-5:30PM (Mind Body) <i>Vinita K.</i>	9:30AM-10:30AM (Mind Body) <i>Jen W.</i>		
BODYCOMBAT Studio Sign Up				5:45PM-6:30PM (Cardio) <i>Tracy D.</i>			
Slow Flow Yoga Multi-Purpose Room Sign Up				6:15PM-7:15PM (Mind Body) <i>Willow D.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP Studio Sign Up					6:00AM-6:55AM (Strength) <i>Karen J.</i> 10:45AM-11:45AM (Strength) <i>Kristina S.</i>	9:30AM-10:30AM (Strength) <i>Karen J.</i>	
Low Impact Fitness Gym Sign Up					8:30AM-9:30AM (Combination) <i>Karen J.</i>		
Cardio Splash South Pool Sign Up					9:30AM-10:20AM (Aquatics) <i>Karen C.</i>		
Fluid Movement South Pool Sign Up					10:30AM-11:20AM (Aquatics) <i>Karen C.</i>		
Chair Yoga Multi-Purpose Room Sign Up					10:30AM-11:30AM (Mind Body) <i>Becca S.</i>		
All-Stars Basketball (50+) Gym					11:45AM-1:45PM (General) <i>Staff</i>		
Zumba Studio Sign Up					12:00PM-1:00PM (Dance) <i>Delia R.</i>		
Cycle Express Cycle Studio Sign Up					12:30PM-1:00PM (Cardio) <i>Suzanne I.</i>		
Power Yoga Multi-Purpose Room Sign Up					4:00PM-5:00PM (Mind Body) <i>Becca S.</i>		
BODYBALANCE Studio Sign Up						8:15AM-9:15AM (Mind Body) <i>Karen J.</i>	
PAID PROGRAM Kids Ballet Multi-Purpose Room						9:30AM-10:15AM (Dance) <i>Gracie C.</i> 9:30AM-10:15AM (Dance) <i>Gracie C.</i>	
Hip Hop Fitness Studio Sign Up						10:45AM-11:45AM (Dance) <i>Eleanor W.</i>	
Yogalates Studio Sign Up						12:00PM-1:00PM (Mind Body) <i>Raven B.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CANCELED: Racquetball Short Door Court Sign Up							11:10AM-12:00PM (General) <i>Staff</i> 12:10PM-1:00PM (General) <i>Staff</i> 1:10PM-2:00PM (General) <i>Staff</i> 2:10PM-3:00PM (General) <i>Staff</i> 3:10PM-4:00PM (General) <i>Staff</i>
CANCELED: PAID PROGRAM Kids Ballet Multi-Purpose Room							11:15AM-12:00PM (Dance) <i>Gracie C.</i>
CANCELED: Racquetball Tall Door Court Sign Up							11:30AM-12:20PM (General) <i>Staff</i> 12:30PM-1:20PM (General) <i>Staff</i> 1:30PM-2:20PM (General) <i>Staff</i> 2:30PM-3:20PM (General) <i>Staff</i> 3:30PM-4:20PM (General) <i>Staff</i>
CANCELED: Vinyasa Yoga Studio Sign Up							12:30PM-1:30PM (Mind Body) <i>Hannah G.</i>
CANCELED: BODYPUMP Studio Sign Up							1:45PM-2:45PM (Strength) <i>Peter W.</i>
CANCELED: Gentle Yoga Studio Sign Up							3:45PM-4:45PM (Mind Body) <i>Shonna C.</i>



Woodfin YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Studio B Sign Up				7:00AM-7:45AM (Cardio) <i>Copland R.</i> 12:30PM-1:15PM (Cardio) <i>Jessica M.</i>		8:00AM-9:00AM (Cardio) <i>Copland R.</i>	
The Groove Studio B Sign Up				8:00AM-8:45AM (Dance) <i>Leanna J.</i>			
Yogalates Studio A Sign Up				8:00AM-8:45AM (Combination) <i>Gillian H.</i>			
Vinyasa Yoga Studio A Sign Up				9:00AM-10:00AM (Mind Body) <i>Vinita K.</i>		11:00AM-12:00PM (Mind Body) <i>Gillian H.</i>	
Pilates Studio A Sign Up				10:15AM-11:15AM (Pilates) <i>Vinita K.</i> 4:15PM-5:00PM (Pilates) <i>Jay H.</i>	11:15AM-12:15PM (Pilates) <i>Shonna C.</i>		
BODYPUMP Studio B Sign Up				10:15AM-11:15AM (Strength) <i>Shelley N.</i>		9:30AM-10:30AM (Strength) <i>Shelley N.</i> 10:45AM-11:45AM (Strength) <i>Cameron W.</i>	
567BROADWAY! Studio B Sign Up				11:30AM-12:15PM (Dance) <i>Conny A.</i>			
Gentle Yoga Studio A Sign Up				11:30AM-12:30PM (Mind Body) <i>Vinita K.</i>	10:00AM-11:00AM (Mind Body) <i>Shonna C.</i>		
Barre Studio A Sign Up				5:15PM-6:15PM (Barre) <i>Jay H.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hip Hop Fitness Studio B Sign Up				5:15PM-6:15PM (Dance) <i>Kim L.</i>			
BODYPUMP HEAVY Studio B Sign Up				6:30PM-7:30PM (Strength) <i>Peter W.</i>	8:00AM-8:45AM (Strength) <i>Kate C.</i>		
Strength Fusion Studio B Sign Up					9:00AM-9:45AM (Strength) <i>Jennifer B.</i>		
Zumba Studio B Sign Up					10:00AM-10:45AM (Dance) <i>Nancy H.</i>		
TRX Studio B Sign Up					11:15AM-12:00PM (Strength) <i>Suzanne I.</i>		
BODYPUMP Express Studio B Sign Up					12:15PM-1:00PM (Strength) <i>Conny A.</i>		
BODYBALANCE Studio A Sign Up						8:45AM-9:45AM (Mind Body) <i>Kate C.</i>	
The Groove Studio A Sign Up						10:00AM-10:45AM (Dance) <i>Judy O.</i>	
CANCELED: Zumba Studio B Sign Up						12:15PM-1:00PM (Dance) <i>Lena S.</i>	
Tai Chi Studio B Sign Up						2:00PM-3:00PM (Mind Body) <i>Alejandro S.</i>	
CANCELED: Strength Fusion Studio B Sign Up							9:30AM-10:15AM (Strength) <i>Jennifer B.</i> 11:30AM-12:15PM (Strength) <i>Conny A.</i>
CANCELED: Gentle Yoga Studio A Sign Up							9:45AM-10:45AM (Mind Body) <i>Shonna C.</i>
CANCELED: Cycle Studio B Sign Up							10:30AM-11:15AM (Cardio) <i>Copland R.</i>
CANCELED: Vinyasa Yoga Studio A Sign Up							11:00AM-12:00PM (Mind Body) <i>Elspeth G.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CANCELED: Hip Hop Fitness Studio B Sign Up							12:30PM-1:30PM (Dance) <i>Conny A.</i>



Black Mountain YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP HEAVY Fitness Studio Sign Up				7:50AM-8:35AM (Strength) <i>Sadie G.</i> 4:30PM-5:30PM (Combination) <i>Sadie G.</i>			
Barre Fitness Studio Sign Up				8:45AM-9:30AM (Barre) <i>Jennifer P.</i>			
BODYCOMBAT Fitness Studio Sign Up				9:45AM-10:30AM (Cardio) <i>Jennifer P.</i>			
Cardio Splash Pool Sign Up				10:00AM-11:00AM (Aquatics) <i>Rochelle B.</i>	10:00AM-11:00AM (Aquatics) <i>Rochelle B.</i>	11:45AM-12:30PM (Aquatics) <i>Dianna D.</i>	
Pilates Fitness Studio Sign Up				11:00AM-12:00PM (Pilates) <i>Hannah K.</i>			11:30AM-12:30PM (Mind Body) <i>Jackaline S.</i>
Chair Yoga Fitness Studio Sign Up				12:15PM-1:15PM (Mind Body) <i>Kathryn L.</i>			
Little FIT Kids Club Fitness Studio Sign Up				3:00PM-3:30PM (Kids) <i>Laura M.</i>			
Big FIT Kids Club Fitness Studio Sign Up				3:30PM-4:15PM (Kids) <i>Laura M.</i>			
Define & Align Fitness Studio Sign Up				5:45PM-6:45PM (Pilates) <i>Raven B.</i>			
Cycle Fusion Fitness Studio Sign Up					6:00AM-7:00AM (Combination) <i>Carla M.</i>		
Strength and Balance Fitness Studio Sign Up					7:30AM-8:15AM (Strength) <i>Jeryl S.</i>		
Low Impact Fitness Fitness Studio Sign Up					8:30AM-9:15AM (Combination) <i>Jessica M.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP Fitness Studio Sign Up					9:45AM-10:45AM (Combination) <i>Sadie G.</i>		
Step & Pump Fitness Studio Sign Up					11:00AM-12:00PM (Combination) <i>Julie H.</i>		
Sit to be Fit Fitness Studio Sign Up					12:15PM-1:00PM (Combination) <i>Cyndy K.</i>		
Tai Chi Fitness Studio Sign Up					1:30PM-2:25PM (Mind Body) <i>Jay L.</i>		
Vinyasa Yoga Fitness Studio Sign Up					2:45PM-3:45PM (Mind Body) <i>Elle B.</i>		
Cardio Dance Fitness Studio Sign Up					4:30PM-5:15PM (Dance) <i>Christey C.</i>		
Cycle Fitness Studio Sign Up						8:45AM-9:30AM (General) <i>Lori P.</i>	
Strength Fusion Fitness Studio Sign Up						9:45AM-10:45AM (Strength) <i>Julie H.</i>	
Power Yoga Fitness Studio Sign Up						11:00AM-12:00PM (Mind Body) <i>Becca S.</i>	2:00PM-3:00PM (Mind Body) <i>Ed C.</i>