



## Ferguson Family YMCA | July 21st - July 27th

|  | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  | Sunday |
|--|---|---|---|---|---|---|--------|
| <b>Westridge CrossFit</b><br>Westridge CrossFit<br><a href="#">Sign Up</a> | 5:00AM-6:00AM<br>(Combination)<br>Kevin H.<br><br>6:00AM-7:00AM<br>(Combination)<br>Kevin H.<br><br>7:00AM-8:00AM<br>(Combination)<br>Kevin H.<br><br>9:00AM-10:00AM<br>(Combination)<br>Kevin H.<br><br>6:00PM-7:00PM<br>(Combination)<br>Kevin H. | 5:00AM-6:00AM<br>(Combination)<br>Mandy M.<br><br>6:00AM-7:00AM<br>(Combination)<br>Mandy M.<br><br>7:00AM-8:00AM<br>(Combination)<br>Mandy M.<br><br>9:00AM-10:00AM<br>(Combination)<br>Mandy M.<br><br>6:00PM-7:00PM<br>(Combination)<br>Elizabeth H. | 6:00AM-7:00AM<br>(Combination)<br>Kevin H.<br><br>7:00AM-8:00AM<br>(Combination)<br>Kevin H.<br><br>9:00AM-10:00AM<br>(Combination)<br>Mandy M.<br><br>6:00PM-7:00PM<br>(Combination)<br>Elizabeth H. | 5:00AM-6:00AM<br>(Combination)<br>Mandy M.<br><br>6:00AM-7:00AM<br>(Combination)<br>Mandy M.<br><br>7:00AM-8:00AM<br>(Combination)<br>Mandy M.<br><br>9:00AM-10:00AM<br>(Combination)<br>Mandy M.<br><br>6:00PM-7:00PM<br>(Combination)<br>Kevin H. | 6:00AM-7:00AM<br>(Combination)<br>Kevin H.<br><br>7:00AM-8:00AM<br>(Combination)<br>Kevin H.<br><br>9:00AM-10:00AM<br>(Combination)<br>Mandy M.<br><br>5:00PM-6:00PM<br>(Combination)<br>Elizabeth H. | 9:00AM-10:00AM<br>(Combination)<br>Elizabeth H. |        |
| <b>Athletic Conditioning</b><br>Fitness Studio<br><a href="#">Sign Up</a>  | 6:00AM-6:45AM<br>(Combination)<br>Linda R.  | 4:30PM-5:15PM<br>(Combination)<br>Amy A.  | 6:00AM-6:45AM<br>(Combination)<br>Steve B.  | 4:30PM-5:15PM<br>(Combination)<br>Amy A.  | 6:00AM-6:45AM<br>(Combination)<br>Amy T.  |   |        |
| <b>BODYPUMP</b><br>Fitness Studio<br><a href="#">Sign Up</a>               | 8:15AM-9:00AM<br>(Strength)<br>Corey J.   | 6:00AM-6:55AM<br>(Combination)<br>Corey J.<br><br>5:30PM-6:15PM<br>(Strength)<br>Karen J.   | 8:15AM-9:00AM<br>(Strength)<br>Corey J.   | 6:00AM-6:55AM<br>(Strength)<br>Corey J.<br><br>5:30PM-6:30PM<br>(Strength)<br>Illysa H.   |   | 9:15AM-10:00AM<br>(Strength)<br>Katie K.        |        |
| <b>Gentle Yoga</b><br>Fitness Studio<br><a href="#">Sign Up</a>            | 9:15AM-10:05AM<br>(Mind Body)<br>Sascha   | 10:15AM-11:05AM<br>(Mind Body)<br>Cynthia C.  | 9:15AM-10:05AM<br>(Mind Body)<br>Sascha   |   | 9:15AM-10:05AM<br>(Mind Body)<br>Sascha   |   |        |
| <b>Cycle</b><br>Cycle Studio<br><a href="#">Sign Up</a>                    | 9:15AM-10:00AM<br>(Cardio)<br>Shelley N.<br><br>5:30PM-6:30PM<br>(Cardio)<br>Suzanne I.   | 6:00AM-7:00AM<br>(Cardio)<br>Steve B.<br><br>9:00AM-10:00AM<br>(Cardio)<br>Steve B.<br><br>5:30PM-6:30PM<br>(Cardio)<br>Amy T.  | 9:00AM-10:00AM<br>(Cardio)<br>Steve B.  | 6:00AM-7:00AM<br>(Cardio)<br>Steve B.<br><br>9:00AM-10:00AM<br>(General)<br>Steve B.<br><br>5:30PM-6:30PM<br>(Cardio)<br>Amy T.   | 9:00AM-10:00AM<br>(Cardio)<br>Mike S.   | 8:15AM-9:15AM<br>(Cardio)<br>Christina W.       |        |

|  | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday                                      | Sunday  |
|--|---|---|--|--|--|---|---|
| <b>Zumba</b><br>Fitness Studio<br><a href="#">Sign Up</a>                                | 10:15AM-11:05AM<br>(Dance)<br><i>Deborah P.</i>     |   | 10:15AM-11:05AM<br>(Dance)<br><i>Miguel F.</i>       |  | 10:15AM-11:05AM<br>(Dance)<br><i>Lena S.</i>         |   |   |
| <b>TRX</b><br>Westridge CrossFit<br><a href="#">Sign Up</a>                              | 10:15AM-11:00AM<br>(Strength)<br><i>Corey J.</i>    | 10:15AM-11:00AM<br>(General)<br><i>Steve B.</i>     | 10:15AM-11:00AM<br>(Strength)<br><i>Corey J.</i>     | 10:15AM-11:00AM<br>(General)<br><i>Steve B.</i>        | 10:15AM-11:00AM<br>(Strength)<br><i>Gillian H.</i>   |   |   |
| <b>Low Impact Fitness</b><br>Fitness Studio<br><a href="#">Sign Up</a>                   | 11:15AM-12:05PM<br>(Combination)<br><i>Lynne F.</i> |   |  | 10:15AM-11:05AM<br>(Combination)<br><i>Kathleen C.</i> |  |   |   |
| <b>Ferguson Fit</b><br>Fitness Studio  | 1:00PM-2:00PM<br>(Combination)<br><i>Lynne F.</i>   |   | 1:00PM-2:00PM<br>(Combination)<br><i>Lynne F.</i>    |  | 1:00PM-2:00PM<br>(Combination)<br><i>Lynne F.</i>    |   |   |
| <b>Pilates</b><br>Fitness Studio<br><a href="#">Sign Up</a>                              | 4:30PM-5:15PM<br>(Mind Body)<br><i>Carrie J.</i>    |   |  |  |  |   |   |
| <b>Strength Fusion</b><br>Fitness Studio<br><a href="#">Sign Up</a>                      | 5:30PM-6:15PM<br>(Strength)<br><i>Steve B.</i>      |   |  |  |  |   | 10:15AM-11:00AM<br>(Combination)<br><i>Shelley N.</i> |
| <b>Vinyasa Yoga</b><br>Fitness Studio<br><a href="#">Sign Up</a>                         | 6:30PM-7:30PM<br>(Mind Body)<br><i>Cynthia C.</i>   |   | 6:30PM-7:30PM<br>(Mind Body)<br><i>Cynthia C.</i>    |  |  |   |   |
| <b>Barre</b><br>Fitness Studio<br><a href="#">Sign Up</a>                                |   | 8:15AM-9:00AM<br>(Barre)<br><i>Linda R.</i>         |  | 8:15AM-9:00AM<br>(Barre)<br><i>Alexa W.</i>            |  |   |   |
| <b>BODYBALANCE</b><br>Fitness Studio<br><a href="#">Sign Up</a>                          |   | 9:15AM-10:00AM<br>(Mind Body)<br><i>Dawn S.</i>     | 4:30PM-5:15PM<br>(Mind Body)<br><i>Julie N.</i>      | 9:15AM-10:00AM<br>(Mind Body)<br><i>Dawn S.</i>        |  |   |   |
| <b>Rock Steady Boxing</b><br>Fitness Studio  |   | 11:15AM-12:45PM<br>(Combination)<br><i>Erica B.</i> |  | 11:15AM-12:45PM<br>(Combination)<br><i>Erica B.</i>    |  |   |   |
| <b>Hip Hop Fitness</b><br>Fitness Studio<br><a href="#">Sign Up</a>                      |   | 6:30PM-7:20PM<br>(Dance)<br><i>Kim L.</i>           |  |  |  | 10:15AM-11:05AM<br>(Dance)<br><i>Deana C.</i> |   |
| <b>BODYCOMBAT</b><br>Multi-Purpose Room<br><a href="#">Sign Up</a>                       |   |   | 9:15AM-10:00AM<br>(Combination)<br><i>Dawn S.</i>    |  |  |   |   |
| <b>Tai Chi-Arthritis &amp; Balance</b><br>Multi-Purpose Room<br><a href="#">Sign Up</a>  |   |   | 10:30AM-11:30AM<br>(Mind Body)<br><i>Merideth F.</i> |  | 10:30AM-11:30AM<br>(Mind Body)<br><i>Merideth F.</i> |   |   |
| <b>Teen Strength &amp; Conditioning</b><br>Westridge CrossFit<br><a href="#">Sign Up</a> |   |   | 12:00PM-12:45PM<br>(Strength)<br><i>Jose S.</i>      |  |  |   |   |

|  | Monday | Tuesday | Wednesday                                    | Thursday  | Friday   | Saturday  | Sunday  |
|--|--------|---------|--|---|--|---|---|
| <b>Step</b><br>Fitness Studio<br><a href="#">Sign Up</a>                             |        |         | 5:30PM-6:15PM<br>(Cardio)<br><i>Julie N.</i> |   |  |   |   |
| <b>Slow Flow Yoga</b><br>Multi-Purpose Room<br><a href="#">Sign Up</a>               |        |         |  | 10:15AM-11:05AM<br>(Mind Body)<br><i>Tom H.</i> |  |   | 10:15AM-11:15AM<br>(Mind Body)<br><i>Becca S.</i>   |
| <b>BODYCOMBAT</b><br>Fitness Studio<br><a href="#">Sign Up</a>                       |        |         |  |   | 8:15AM-9:00AM<br>(Combination)<br><i>Dawn S.</i>   |   |   |
| <b>Yogalates</b><br>Multi-Purpose Room<br><a href="#">Sign Up</a>                    |        |         |  |   | 9:15AM-10:05AM<br>(Mind Body)<br><i>Gillian H.</i> |   |   |
| <b>Relax &amp; Restore - PAID PROGRAM</b><br>Multi-Purpose Room                      |        |         |  |   |  | 9:30AM-9:30AM<br>(Mind Body)<br><i>Gillian H.</i> |   |
| <b>CANCELED: Westridge CrossFit</b><br>Westridge CrossFit<br><a href="#">Sign Up</a> |        |         |  |   |  |   | 10:30AM-11:30AM<br>(Combination)<br><i>Mandy M.</i> |



## Corpening Memorial YMCA | July 21st - July 27th

|  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  | Sunday |
|--|---|--|--|--|--|---|--------|
| <b>Cycle</b><br>Cycle Studio<br><a href="#">Sign Up</a>            | 5:30AM-6:15AM<br>(General)<br><i>Joyce B.</i>       | 9:00AM-9:45AM<br>(General)<br><i>Joyce B.</i>      | 5:30AM-6:15AM<br>(General)<br><i>Joyce B.</i>      | 9:00AM-9:45AM<br>(General)<br><i>Joyce B.</i>      |  | 9:00AM-9:45AM<br>(Cardio)<br><i>Joyce B.</i>      |        |
| <b>Total Body Training</b><br>Studio B<br><a href="#">Sign Up</a>  | 9:00AM-9:45AM<br>(General)<br><i>Ron P.</i>         | 5:30AM-6:15AM<br>(General)<br><i>Cynthia P.</i>    | 9:00AM-9:45AM<br>(General)<br><i>Ron P.</i>        | 5:30AM-6:15AM<br>(General)<br><i>Cynthia P.</i>    | 9:00AM-9:45AM<br>(Strength)<br><i>Mary S.</i>    |   |        |
| <b>Gentle Yoga</b><br>Studio A<br><a href="#">Sign Up</a>          | 9:00AM-9:45AM<br>(Mind Body)<br><i>Mary S.</i>      |  | 8:30AM-9:30AM<br>(Mind Body)<br><i>Danielle B.</i> |  |  |   |        |
| <b>Fluid Movement</b><br>Pool<br><a href="#">Sign Up</a>           | 9:30AM-10:30AM<br>(Aquatics)<br><i>Louise G.</i>    | 9:30AM-10:30AM<br>(Aquatics)<br><i>Jeanette J.</i> | 9:30AM-10:30AM<br>(Aquatics)<br><i>Louise G.</i>   | 9:30AM-10:30AM<br>(Aquatics)<br><i>Jeanette J.</i> | 9:30AM-10:30AM<br>(Aquatics)<br><i>Louise G.</i> |   |        |
| <b>Chair Yoga</b><br>Studio A<br><a href="#">Sign Up</a>           | 10:00AM-11:00AM<br>(Mind Body)<br><i>Miranda H.</i> |  |  |  |  |   |        |
| <b>BODYPUMP</b><br>Studio B<br><a href="#">Sign Up</a>             | 10:00AM-10:45AM<br>(Strength)<br><i>Mary S.</i>     |  |  | 10:00AM-10:45AM<br>(Strength)<br><i>Mary S.</i>    |  |   |        |
| <b>RPM</b><br>Cycle Studio<br><a href="#">Sign Up</a>              | 4:30PM-5:15PM<br>(General)<br><i>Leslie H.</i>      |  | 4:30PM-5:15PM<br>(General)<br><i>Leslie H.</i>     |  |  |   |        |
| <b>Cardio Splash</b><br>Pool<br><a href="#">Sign Up</a>            | 4:30PM-5:30PM<br>(Aquatics)<br><i>Cris W.</i>       |  | 4:30PM-5:30PM<br>(Aquatics)<br><i>Cris W.</i>      |  |  |   |        |
| <b>Zumba</b><br>Studio B<br><a href="#">Sign Up</a>                | 6:00PM-6:45PM<br>(General)<br><i>Tracy S.</i>       |  |  | 6:00PM-6:45PM<br>(General)<br><i>Tracy S.</i>      |  |   |        |
| <b>Vinyasa Yoga</b><br>Studio A<br><a href="#">Sign Up</a>         |   | 9:00AM-10:00AM<br>(Mind Body)<br><i>Miranda H.</i> |  | 9:00AM-10:00AM<br>(Mind Body)<br><i>Miranda H.</i> |  |   |        |
| <b>Strength Fusion</b><br>Studio B<br><a href="#">Sign Up</a>      |   | 4:30PM-5:15PM<br>(Strength)<br><i>Leslie H.</i>    |  | 4:30PM-5:15PM<br>(General)<br><i>Leslie H.</i>     |  |   |        |
| <b>Cardio Dance</b><br>Studio B<br><a href="#">Sign Up</a>         |   | 6:15PM-7:00PM<br>(Dance)<br><i>Alexandra J.</i>    |  |  |  | 10:00AM-10:45AM<br>(Dance)<br><i>Alexandra J.</i> |        |
| <b>Strength and Balance</b><br>Studio A<br><a href="#">Sign Up</a> |   |  | 9:45AM-10:30AM<br>(Strength)<br><i>Beth P.</i>     |  | 10:00AM-10:45AM<br>(Strength)<br><i>Beth P.</i>  |   |        |

|  | Monday | Tuesday | Wednesday   | Thursday | Friday  | Saturday | Sunday  |
|--|--------|---------|---|----------|---|----------|---|
| Tai Chi<br>Studio B<br><a href="#">Sign Up</a> |        |         | 10:00AM-11:00AM<br>(Mind Body)<br><i>David M.</i> |          | 10:00AM-11:00AM<br>(Mind Body)<br><i>David M.</i> |          |   |
| Pilates<br>Studio A<br><a href="#">Sign Up</a> |        |         |   |          |   |          | 2:00PM-3:00PM<br>(Mind Body)<br><i>Gergana A.</i> |



## Reuter Family YMCA | July 21st - July 27th

|  | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   | Sunday   |
|--|--|---|--|---|--|--|--|
| <b>Cycle</b><br>Cycle Studio<br><a href="#">Sign Up</a>                | 5:45AM-6:30AM<br>(Cardio)<br><i>jennifer b.</i>  | 8:30AM-9:15AM<br>(Cardio)<br><i>Jay G.</i><br><br>5:30PM-6:15PM<br>(General)<br><i>Jay G.</i> | 5:45AM-6:30AM<br>(Cardio)<br><i>jennifer b.</i>  | 8:30AM-9:15AM<br>(Cardio)<br><i>Suzanne I.</i><br><br>5:30PM-6:15PM<br>(Cardio)<br><i>Lauren K.</i> | 5:45AM-6:30AM<br>(Cardio)<br><i>Audra G.</i><br><br>9:30AM-10:15AM<br>(General)<br><i>Kelly H.</i> | 9:00AM-9:45AM<br>(General)<br><i>Suzanne I.</i>  |  |
| <b>Vinyasa Yoga</b><br>Mind Body Studio<br><a href="#">Sign Up</a>     | 8:15AM-9:15AM<br>(Mind Body)<br><i>Lindsay F.</i><br><br>6:35PM-7:35PM<br>(General)<br><i>Christina H.</i> |   | 8:15AM-9:15AM<br>(Mind Body)<br><i>Jessica M.</i><br><br>6:35PM-7:35PM<br>(General)<br><i>Christina H.</i> |   | 8:15AM-9:15AM<br>(General)<br><i>Tammy C.</i>  |  |  |
| <b>BODYPUMP</b><br>Studio A<br><a href="#">Sign Up</a>                 | 8:15AM-9:15AM<br>(General)<br><i>Gena S.</i><br><br>5:30PM-6:30PM<br>(General)<br><i>Christina H.</i>      |   | 8:15AM-9:15AM<br>(General)<br><i>Emily P.</i><br><br>5:30PM-6:30PM<br>(General)<br><i>Christina H.</i>     |   | 8:15AM-9:15AM<br>(General)<br><i>Gena S.</i>   | 8:00AM-9:00AM<br>(Strength)<br><i>Juliana F.</i> | 2:00PM-3:00PM<br>(General)<br><i>Illysa H.</i> |
| <b>TRX</b><br>Functional Fitness Room<br><a href="#">Sign Up</a>       | 9:30AM-10:15AM<br>(General)<br><i>Kat H.</i>   | 9:30AM-10:15AM<br>(General)<br><i>Corey J.</i>  | 9:30AM-10:15AM<br>(General)<br><i>Becca S.</i>   | 9:30AM-10:15AM<br>(General)<br><i>Corey J.</i>  |  |  |  |
| <b>Chair Yoga</b><br>Mind Body Studio<br><a href="#">Sign Up</a>       | 9:30AM-10:30AM<br>(Mind Body)<br><i>Kathryn L.</i>   | 11:40AM-12:40PM<br>(Mind Body)<br><i>Jessica M.</i>   | 9:30AM-10:30AM<br>(Mind Body)<br><i>Kathryn L.</i>   | 11:40AM-12:40PM<br>(Mind Body)<br><i>Jessica M.</i>   | 9:30AM-10:30AM<br>(Mind Body)<br><i>Lindsay F.</i>   |  |  |
| <b>Zumba</b><br>Studio A<br><a href="#">Sign Up</a>                    | 9:30AM-10:20AM<br>(Dance)<br><i>Lena S.</i>  |   | 9:30AM-10:20AM<br>(Dance)<br><i>Jocelyn M.</i>   |   | 10:30AM-11:20AM<br>(Dance)<br><i>Jocelyn M.</i>  |  |  |
| <b>Cycle Fusion</b><br>Cycle Studio<br><a href="#">Sign Up</a>         | 9:30AM-10:15AM<br>(Cardio)<br><i>Janine I.</i>   |   | 9:30AM-10:15AM<br>(General)<br><i>Janine I.</i>  |   |  |  |  |
| <b>Aqua Tabata</b><br>Pool<br><a href="#">Sign Up</a>                  | 10:00AM-10:50AM<br>(Aquatics)<br><i>Michelle W.</i>  |   |  |   |  |  |  |
| <b>Flex and Stretch</b><br>Mind Body Studio<br><a href="#">Sign Up</a> | 10:45AM-11:45AM<br>(Mind Body)<br><i>Petra S.</i>  |   | 10:45AM-11:45AM<br>(Mind Body)<br><i>Petra S.</i>  |   | 11:00AM-11:50AM<br>(General)<br><i>Emily P.</i>  |  |  |

|   | Monday | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday | Sunday |
|---|--------|---|--|---|---|----------|--------|
| <b>Paid Program</b><br>Functional Fitness Room<br><br>11:00AM-11:50AM<br>(General)<br><i>Kat H.</i><br><br>12:00PM-1:00PM<br>(High Intensity Interval)<br><i>Kat H.</i> |        |   | 12:00PM-1:00PM<br>(High Intensity Interval)<br><i>Kat H.</i> |   | 11:00AM-11:50AM<br>(General)<br><i>Kat H.</i> |          |        |
| <b>Fluid Movement</b><br>Pool<br><a href="#">Sign Up</a><br>11:00AM-11:50AM<br>(Aquatics)<br><i>Michelle W.</i>   |        |   |  |   |   |          |        |
| <b>Low Impact Fitness</b><br>Studio A<br><a href="#">Sign Up</a><br>11:00AM-11:50AM<br>(General)<br><i>Emily P.</i>   |        |   | 11:00AM-11:50AM<br>(General)<br><i>Emily P.</i>              |   |   |          |        |
| <b>Dynamic Dance</b><br>Mind Body Studio<br><a href="#">Sign Up</a><br>12:00PM-1:00PM<br>(Dance)<br><i>Natalie G.</i>   |        |   |  |   |   |          |        |
| <b>Castaway Challenge A.C</b><br>Studio A<br><a href="#">Sign Up</a><br>12:00PM-12:45PM<br>(Combination)<br><i>Bronson C.</i>   |        |   | 12:00PM-12:45PM<br>(Combination)<br><i>Emily P.</i>          |   |   |          |        |
| <b>Low Impact Conditioning</b><br>Studio A<br><a href="#">Sign Up</a><br>1:00PM-1:50PM<br>(Combination)<br><i>Caryl C.</i>  |        |   | 1:00PM-1:50PM<br>(Combination)<br><i>Caryl C.</i>            |   |   |          |        |
| <b>Hip Hop Fitness</b><br>Mind Body Studio<br><a href="#">Sign Up</a><br>5:30PM-6:20PM<br>(Dance)<br><i>Shellie W.</i>  |        |   | 5:30PM-6:20PM<br>(General)<br><i>Shellie W.</i>              |   |   |          |        |
| <b>Castaway Challenge A.C</b><br>Studio O<br><a href="#">Sign Up</a><br>6:00PM-6:45PM<br>(Combination)<br><i>Tony R.</i>  |        |   | 6:00PM-6:45PM<br>(Combination)<br><i>Tony R.</i>             |   |   |          |        |
| <b>Castaway Challenge A.C</b><br>Functional Fitness Room<br><a href="#">Sign Up</a>   |        | 5:45AM-6:30AM<br>(Combination)<br><i>Emily S.</i> |  | 5:45AM-6:30AM<br>(Combination)<br><i>Emily S.</i> |   |          |        |
| <b>Aqua Fit</b><br>Pool<br><a href="#">Sign Up</a>  |        | 8:00AM-8:50AM<br>(Aquatics)<br><i>Joan M.</i>     |  | 8:00AM-8:50AM<br>(Aquatics)<br><i>Melissa F.</i>  |   |          |        |
| <b>BODYBALANCE</b><br>Mind Body Studio<br><a href="#">Sign Up</a>   |        | 8:15AM-9:15AM<br>(Mind Body)<br><i>Emily P.</i>   |  | 8:15AM-9:15AM<br>(Mind Body)<br><i>Emily P.</i>   |   |          |        |
| <b>PIYO Live</b><br>Studio A<br><a href="#">Sign Up</a>   |        | 8:15AM-9:15AM<br>(General)<br><i>Janine I.</i>    |  | 8:15AM-9:15AM<br>(General)<br><i>Gena S.</i>      |   |          |        |
| <b>Hydro Burn</b><br>Pool<br><a href="#">Sign Up</a>  |        | 9:00AM-9:50AM<br>(Aquatics)<br><i>Joan M.</i>     |  | 9:00AM-9:50AM<br>(Aquatics)<br><i>Melissa F.</i>  |   |          |        |
| <b>Core Conditioning</b><br>Mind Body Studio<br><a href="#">Sign Up</a>   |        | 9:30AM-10:20AM<br>(General)<br><i>Gena S.</i>     |  |   |   |          |        |

|   | Monday | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday | Sunday  |
|---|--------|--|---|---|---|----------|---|
| <b>Step</b><br>Studio A<br><a href="#">Sign Up</a>                                    |        | 9:30AM-10:20AM<br>(General)<br><i>Julie R.</i>                   |   |   |   |          |   |
| <b>Barre</b><br>Studio A<br><a href="#">Sign Up</a>                                   |        | 10:30AM-11:20AM<br>(General)<br><i>Corey J.</i>                  |   | 10:30AM-11:20AM<br>(General)<br><i>Corey J.</i>                   |   |          |   |
| <b>Pilates</b><br>Mind Body Studio<br><a href="#">Sign Up</a>                         |        | 10:35AM-11:25AM<br>(General)<br><i>Dianne H.</i>                 |   | 10:35AM-11:25AM<br>(General)<br><i>Dianne H.</i>                  |   |          |   |
| <b>BODYPUMP Express</b><br>Studio A<br><a href="#">Sign Up</a>                        |        | 12:00PM-12:50PM<br>(Strength)<br><i>Kat H.</i>                   |   | 12:00PM-12:50PM<br>(Strength)<br><i>Emily C.</i>                  |   |          |   |
| <b>HIT</b><br>Functional Fitness Room<br><a href="#">Sign Up</a>                      |        | 12:15PM-1:00PM<br>(High Intensity Interval)<br><i>Suzanne I.</i> |   |   |   |          |   |
| <b>Restorative Yoga</b><br>Mind Body Studio<br><a href="#">Sign Up</a>                |        | 2:30PM-3:45PM<br>(Mind Body)<br><i>Kathryn L.</i>                |   | 2:30PM-3:45PM<br>(Mind Body)<br><i>Kathryn L.</i>                 |   |          | 2:30PM-3:45PM<br>(Mind Body)<br><i>Kathryn L.</i> |
| <b>Total Body Strength</b><br>Studio A<br><a href="#">Sign Up</a>                     |        | 5:30PM-6:15PM<br>(Strength)<br><i>Taylor D.</i>                  |   | 5:30PM-6:15PM<br>(Strength)<br><i>Taylor D.</i>                   |   |          |   |
| <b>Zumba</b><br>Mind Body Studio<br><a href="#">Sign Up</a>                           |        | 6:05PM-6:55PM<br>(Dance)<br><i>Curtis P.</i>                     |   | 6:05PM-6:55PM<br>(Dance)<br><i>Kathy B.</i>                       |   |          |   |
| <b>Tai Chi-Arthritis &amp; Balance</b><br>Mind Body Studio<br><a href="#">Sign Up</a> |        |  | 12:30PM-1:30PM<br>(Mind Body)<br><i>Merideth F.</i> |   | 12:30PM-1:30PM<br>(Mind Body)<br><i>Merideth F.</i> |          |   |
| <b>Tai Chi -Advanced</b><br>Mind Body Studio<br><a href="#">Sign Up</a>               |        |  | 1:45PM-2:45PM<br>(Mind Body)<br><i>Merideth F.</i>  |   |   |          |   |
| <b>Core Conditioning</b><br>Studio A<br><a href="#">Sign Up</a>                       |        |  |   | 9:30AM-10:20AM<br>(General)<br><i>Gena S.</i>                     |   |          |   |
| <b>Pilates Fundamentals</b><br>Mind Body Studio<br><a href="#">Sign Up</a>            |        |  |   | 9:30AM-10:20AM<br>(Mind Body)<br><i>Dianne H.</i>                 |   |          |   |
| <b>Aqua Zumba</b><br>Pool<br><a href="#">Sign Up</a>                                  |        |  |   | 10:00AM-10:50AM<br>(Aquatics)<br><i>Lena S.</i>                   |   |          |   |
| <b>Island Hop HIT</b><br>Functional Fitness Room<br><a href="#">Sign Up</a>           |        |  |   | 12:15PM-1:00PM<br>(High Intensity Interval)<br><i>Carolina P.</i> |   |          |   |
| <b>Kids Yoga 4-8 yrs</b><br>Mind Body Studio<br><a href="#">Sign Up</a>               |        |  |   | 4:15PM-5:00PM<br>(Mind Body)<br><i>Kathryn L.</i>                 |   |          |   |

|  | Monday | Tuesday | Wednesday | Thursday | Friday   | Saturday  | Sunday  |
|--|--------|---------|-----------|----------|--|---|---|
| <b>Trail Walking Biltmore Park</b><br>Gym/Outside<br><a href="#">Sign Up</a>       |        |         |           |          | 7:00AM-7:45AM<br>(Outside)<br><i>Staff</i>       |   |   |
| <b>Step &amp; Pump</b><br>Studio A<br><a href="#">Sign Up</a>                      |        |         |           |          | 9:30AM-10:20AM<br>(General)<br><i>Julie R.</i>   |   |   |
| <b>TRX Tabata</b><br>Functional Fitness Room<br><a href="#">Sign Up</a>            |        |         |           |          | 9:30AM-10:15AM<br>(Combination)<br><i>Kat H.</i> |   |   |
| <b>Dynamic Dance</b><br>Studio A<br><a href="#">Sign Up</a>                        |        |         |           |          | 12:00PM-1:00PM<br>(Dance)<br><i>Natalie G.</i>   |   |   |
| <b>Athletic Conditioning</b><br>Functional Fitness Room<br><a href="#">Sign Up</a> |        |         |           |          |  | 8:00AM-9:00AM<br>(High Intensity Interval)<br><i>Bronson C.</i> |   |
| <b>Hip Hop Fitness</b><br>Studio A<br><a href="#">Sign Up</a>                      |        |         |           |          |  | 9:15AM-10:15AM<br>(Dance)<br><i>Shellie W.</i>                  | 1:00PM-1:50PM<br>(General)<br><i>Illysa H.</i>      |
| <b>Power Yoga</b><br>Mind Body Studio<br><a href="#">Sign Up</a>                   |        |         |           |          |  | 9:30AM-10:30AM<br>(Mind Body)<br><i>Bill A.</i>                 |   |
| <b>Yoga in the Park</b><br>Lobby   |        |         |           |          |  | 10:00AM-11:00AM<br>(Mind Body)<br><i>Becca S.</i>               |   |
| <b>Tropic Like It's Hot Zumba</b><br>Studio A<br><a href="#">Sign Up</a>           |        |         |           |          |  | 10:30AM-11:20AM<br>(Dance)<br><i>Rico S.</i>                    |   |
| <b>Thai Boxing Fitness</b><br>Mind Body Studio<br><a href="#">Sign Up</a>          |        |         |           |          |  | 11:00AM-12:00PM<br>(General)<br><i>Jon W.</i>                   |   |
| <b>Tai Chi for Joint Health</b><br>Mind Body Studio<br><a href="#">Sign Up</a>     |        |         |           |          |  |   | 1:00PM-2:00PM<br>(Mind Body)<br><i>Alejandro S.</i> |



**Asheville YMCA | July 21st - July 27th**

|   | Monday                                | Tuesday                               | Wednesday                             | Thursday                              | Friday                                | Saturday                              | Sunday                                |
|---|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|
| <b>Racquetball</b><br>Short Door Court<br><a href="#">Sign Up</a> | 6:00AM-6:50AM<br>(General)<br>Staff   | 6:00AM-6:50AM<br>(General)<br>Staff   | 6:00AM-6:50AM<br>(General)<br>Staff   | 7:00AM-7:50AM<br>(General)<br>Staff   | 7:00AM-7:50AM<br>(General)<br>Staff   | 8:00AM-8:50AM<br>(General)<br>Staff   | 11:10AM-12:00PM<br>(General)<br>Staff |
|   | 7:00AM-7:50AM<br>(General)<br>Staff   | 7:00AM-7:50AM<br>(General)<br>Staff   | 7:00AM-7:50AM<br>(General)<br>Staff   | 8:00AM-8:50AM<br>(General)<br>Staff   | 8:00AM-8:50AM<br>(General)<br>Staff   | 9:00AM-9:50AM<br>(General)<br>Staff   | 12:10PM-1:00PM<br>(General)<br>Staff  |
|   | 8:00AM-8:50AM<br>(General)<br>Staff   | 8:00AM-8:50AM<br>(General)<br>Staff   | 8:00AM-8:50AM<br>(General)<br>Staff   | 9:00AM-9:50AM<br>(General)<br>Staff   | 9:00AM-9:50AM<br>(General)<br>Staff   | 10:00AM-10:50AM<br>(General)<br>Staff | 1:10PM-2:00PM<br>(General)<br>Staff   |
|   | 9:00AM-9:50AM<br>(General)<br>Staff   | 9:00AM-9:50AM<br>(General)<br>Staff   | 9:00AM-9:50AM<br>(General)<br>Staff   | 10:00AM-10:50AM<br>(General)<br>Staff | 10:00AM-10:50AM<br>(General)<br>Staff | 11:00AM-11:50AM<br>(General)<br>Staff | 2:10PM-3:00PM<br>(General)<br>Staff   |
|   | 10:00AM-10:50AM<br>(General)<br>Staff | 10:00AM-10:50AM<br>(General)<br>Staff | 10:00AM-10:50AM<br>(General)<br>Staff | 11:00AM-11:50AM<br>(General)<br>Staff | 11:00AM-11:50AM<br>(General)<br>Staff | 12:00PM-12:50PM<br>(General)<br>Staff | 3:10PM-4:00PM<br>(General)<br>Staff   |
|   | 11:00AM-11:50AM<br>(General)<br>Staff | 11:00AM-11:50AM<br>(General)<br>Staff | 11:00AM-11:50AM<br>(General)<br>Staff | 12:00PM-12:50PM<br>(General)<br>Staff | 12:00PM-12:50PM<br>(General)<br>Staff | 1:00PM-1:50PM<br>(General)<br>Staff   |                                       |
|   | 12:00PM-12:50PM<br>(General)<br>Staff | 12:00PM-12:50PM<br>(General)<br>Staff | 12:00PM-12:50PM<br>(General)<br>Staff | 1:00PM-1:50PM<br>(General)<br>Staff   | 1:00PM-1:50PM<br>(General)<br>Staff   | 2:00PM-2:50PM<br>(General)<br>Staff   |                                       |
|   | 1:00PM-1:50PM<br>(General)<br>Staff   | 1:00PM-1:50PM<br>(General)<br>Staff   | 1:00PM-1:50PM<br>(General)<br>Staff   | 2:00PM-2:50PM<br>(General)<br>Staff   | 2:00PM-2:50PM<br>(General)<br>Staff   | 3:00PM-3:50PM<br>(General)<br>Staff   |                                       |
|   | 2:00PM-2:50PM<br>(General)<br>Staff   | 2:00PM-2:50PM<br>(General)<br>Staff   | 2:00PM-2:50PM<br>(General)<br>Staff   | 3:00PM-3:50PM<br>(General)<br>Staff   | 3:00PM-3:50PM<br>(General)<br>Staff   | 4:00PM-4:50PM<br>(General)<br>Staff   |                                       |
|   | 3:00PM-3:50PM<br>(General)<br>Staff   | 3:00PM-3:50PM<br>(General)<br>Staff   | 4:00PM-4:50PM<br>(General)<br>Staff   | 4:00PM-4:50PM<br>(General)<br>Staff   | 4:00PM-4:50PM<br>(General)<br>Staff   | 5:00PM-5:50PM<br>(General)<br>Staff   |                                       |
|   | 4:00PM-4:50PM<br>(General)<br>Staff   | 4:00PM-4:50PM<br>(General)<br>Staff   | 5:00PM-5:50PM<br>(General)<br>Staff   | 5:00PM-5:50PM<br>(General)<br>Staff   | 5:00PM-5:50PM<br>(General)<br>Staff   |                                       |                                       |
|   | 5:00PM-5:50PM<br>(General)<br>Staff   | 5:00PM-5:50PM<br>(General)<br>Staff   | 6:00PM-6:50PM<br>(General)<br>Staff   | 6:00PM-6:50PM<br>(General)<br>Staff   | 6:00PM-6:50PM<br>(General)<br>Staff   |                                       |                                       |
|   | 6:00PM-6:50PM<br>(General)<br>Staff   | 6:00PM-6:50PM<br>(General)<br>Staff   | 7:00PM-7:50PM<br>(General)<br>Staff   | 7:00PM-7:50PM<br>(General)<br>Staff   |                                       |                                       |                                       |
|   | 7:00PM-7:50PM<br>(General)<br>Staff   | 7:00PM-7:50PM<br>(General)<br>Staff   |                                       |                                       |                                       |                                       |                                       |

|  | Monday  | Tuesday | Wednesday   | Thursday | Friday   | Saturday   | Sunday |
|--|---|---------|---|----------|--|--|--------|
| <b>BODYPUMP</b><br>Studio<br><a href="#">Sign Up</a> | 6:00AM-6:55AM<br>(Combination)<br><i>Roxanne B.</i><br><br>4:15PM-5:15PM<br>(Strength)<br><i>Laura R.</i> |         | 6:00AM-6:55AM<br>(Combination)<br><i>Roxanne B.</i><br><br>4:15PM-5:15PM<br>(Strength)<br><i>Laura R.</i> |          | 6:00AM-6:55AM<br>(Strength)<br><i>Karen J.</i><br><br>11:00AM-12:00PM<br>(Strength)<br><i>Laura R.</i> | 9:30AM-10:30AM<br>(Combination)<br><i>Karen J.</i> |        |

|   | Monday                                   | Tuesday                               | Wednesday                                | Thursday                              | Friday                                | Saturday                              | Sunday                                |
|---|--|---------------------------------------|--|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|
| <b>Racquetball</b><br>Tall Door Court<br><a href="#">Sign Up</a>    | 6:30AM-7:20AM<br>(General)<br>Staff      | 6:30AM-7:20AM<br>(General)<br>Staff   | 6:30AM-7:20AM<br>(General)<br>Staff      | 6:30AM-7:20AM<br>(General)<br>Staff   | 6:30AM-7:20AM<br>(General)<br>Staff   | 7:30AM-8:20AM<br>(General)<br>Staff   | 11:30AM-12:20PM<br>(General)<br>Staff |
|   | 7:30AM-8:20AM<br>(General)<br>Staff      | 7:30AM-8:20AM<br>(General)<br>Staff   | 7:30AM-8:20AM<br>(General)<br>Staff      | 7:30AM-8:20AM<br>(General)<br>Staff   | 7:30AM-8:20AM<br>(General)<br>Staff   | 8:30AM-9:20AM<br>(General)<br>Staff   | 12:30PM-1:20PM<br>(General)<br>Staff  |
|   | 8:30AM-9:20AM<br>(General)<br>Staff      | 8:30AM-9:20AM<br>(General)<br>Staff   | 8:30AM-9:20AM<br>(General)<br>Staff      | 8:30AM-9:20AM<br>(General)<br>Staff   | 8:30AM-9:20AM<br>(General)<br>Staff   | 9:30AM-10:20AM<br>(General)<br>Staff  | 1:30PM-2:20PM<br>(General)<br>Staff   |
|   | 9:30AM-10:20AM<br>(General)<br>Staff     | 9:30AM-10:20AM<br>(General)<br>Staff  | 9:30AM-10:20AM<br>(General)<br>Staff     | 9:30AM-10:20AM<br>(General)<br>Staff  | 9:30AM-10:20AM<br>(General)<br>Staff  | 10:30AM-11:20AM<br>(General)<br>Staff | 2:30PM-3:20PM<br>(General)<br>Staff   |
|   | 10:30AM-11:20AM<br>(General)<br>Staff    | 10:30AM-11:20AM<br>(General)<br>Staff | 10:30AM-11:20AM<br>(General)<br>Staff    | 10:30AM-11:20AM<br>(General)<br>Staff | 10:30AM-11:20AM<br>(General)<br>Staff | 11:30AM-12:20PM<br>(General)<br>Staff | 3:30PM-4:20PM<br>(General)<br>Staff   |
|   | 11:30AM-12:20PM<br>(General)<br>Staff    | 11:30AM-12:20PM<br>(General)<br>Staff | 11:30AM-12:20PM<br>(General)<br>Staff    | 11:30AM-12:20PM<br>(General)<br>Staff | 11:30AM-12:20PM<br>(General)<br>Staff | 12:30PM-1:20PM<br>(General)<br>Staff  |                                       |
|   | 12:30PM-1:20PM<br>(General)<br>Staff     | 12:30PM-1:20PM<br>(General)<br>Staff  | 12:30PM-1:20PM<br>(General)<br>Staff     | 12:30PM-1:20PM<br>(General)<br>Staff  | 12:30PM-1:20PM<br>(General)<br>Staff  | 1:30PM-2:20PM<br>(General)<br>Staff   |                                       |
|   | 1:30PM-2:20PM<br>(General)<br>Staff      | 1:30PM-2:20PM<br>(General)<br>Staff   | 1:30PM-2:20PM<br>(General)<br>Staff      | 1:30PM-2:20PM<br>(General)<br>Staff   | 1:30PM-2:20PM<br>(General)<br>Staff   | 2:30PM-3:20PM<br>(General)<br>Staff   |                                       |
|   | 2:30PM-3:20PM<br>(General)<br>Staff      | 2:30PM-3:20PM<br>(General)<br>Staff   | 2:30PM-3:20PM<br>(General)<br>Staff      | 2:30PM-3:20PM<br>(General)<br>Staff   | 2:30PM-3:20PM<br>(General)<br>Staff   | 3:30PM-4:20PM<br>(General)<br>Staff   |                                       |
|   | 3:30PM-4:20PM<br>(General)<br>Staff      | 3:30PM-4:20PM<br>(General)<br>Staff   | 3:30PM-4:20PM<br>(General)<br>Staff      | 3:30PM-4:20PM<br>(General)<br>Staff   | 3:30PM-4:20PM<br>(General)<br>Staff   | 4:30PM-5:20PM<br>(General)<br>Staff   |                                       |
|   | 4:30PM-5:20PM<br>(General)<br>Staff      | 4:30PM-5:20PM<br>(General)<br>Staff   | 4:30PM-5:20PM<br>(General)<br>Staff      | 4:30PM-5:20PM<br>(General)<br>Staff   | 4:30PM-5:20PM<br>(General)<br>Staff   | 5:30PM-6:20PM<br>(General)<br>Staff   |                                       |
|   | 5:30PM-6:20PM<br>(General)<br>Staff      | 5:30PM-6:20PM<br>(General)<br>Staff   | 5:30PM-6:20PM<br>(General)<br>Staff      | 5:30PM-6:20PM<br>(General)<br>Staff   | 5:30PM-6:20PM<br>(General)<br>Staff   |                                       |                                       |
|   | 6:30PM-7:20PM<br>(General)<br>Staff      | 6:30PM-7:20PM<br>(General)<br>Staff   | 6:30PM-7:20PM<br>(General)<br>Staff      | 6:30PM-7:20PM<br>(General)<br>Staff   | 6:30PM-7:20PM<br>(General)<br>Staff   |                                       |                                       |
|   | 7:30PM-8:20PM<br>(General)<br>Staff      | 7:30PM-8:20PM<br>(General)<br>Staff   | 7:30PM-8:20PM<br>(General)<br>Staff      | 7:30PM-8:20PM<br>(General)<br>Staff   |                                       |                                       |                                       |
| <b>BODYBALANCE</b><br>Multi-Purpose Room<br><a href="#">Sign Up</a> | 7:15AM-8:15AM<br>(Mind Body)<br>Tracy D. |                                       | 7:15AM-8:15AM<br>(Mind Body)<br>Tracy D. |                                       |                                       |                                       |                                       |

|   | Monday  | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday                                      | Sunday |
|---|---|--|---|---|---|---|--------|
| <b>Athletic Conditioning</b><br>Studio O<br><a href="#">Sign Up</a> | 8:00AM-8:45AM<br>(Strength)<br><i>Suzanne I.</i><br><br>5:30PM-6:15PM<br>(Combination)<br><i>James P.</i> | 8:00AM-8:45AM<br>(Strength)<br><i>Suzanne I.</i><br><br>5:30PM-6:15PM<br>(Strength)<br><i>Tiago A.</i> | 8:00AM-8:45AM<br>(Strength)<br><i>Suzanne I.</i><br><br>5:30PM-6:15PM<br>(Combination)<br><i>James P.</i>   | 8:00AM-8:45AM<br>(Strength)<br><i>Julie W.</i>  | 8:00AM-8:45AM<br>(Strength)<br><i>Suzanne I.</i>  |   |        |
| <b>Low Impact Fitness</b><br>Gym<br><a href="#">Sign Up</a>         | 8:30AM-9:30AM<br>(Combination)<br><i>Cynthia L.</i>   |  | 8:30AM-9:30AM<br>(Combination)<br><i>Karen J.</i>   |   | 8:30AM-9:30AM<br>(Combination)<br><i>Karen J.</i> |   |        |
| <b>Cycle</b><br>Cycle Studio<br><a href="#">Sign Up</a>             | 9:00AM-9:45AM<br>(Cardio)<br><i>Becky U.</i><br><br>5:45PM-6:30PM<br>(Cardio)<br><i>Katie K.</i>          | 6:15AM-7:00AM<br>(Cardio)<br><i>Julie W.</i><br><br>5:45PM-6:30PM<br>(Cardio)<br><i>Daniel B.</i>      | 9:00AM-9:45AM<br>(Cardio)<br><i>Julie W.</i><br><br>5:45PM-6:30PM<br>(Cardio)<br><i>Gillian H.</i>          | 6:15AM-7:00AM<br>(Cardio)<br><i>Julie W.</i>  | 9:00AM-9:45AM<br>(Cardio)<br><i>Julie W.</i>      | 9:00AM-9:45AM<br>(Cardio)<br><i>Aileen S.</i> |        |
| <b>Hydro Burn</b><br>South Pool<br><a href="#">Sign Up</a>          | 9:30AM-10:20AM<br>(Aquatics)<br><i>Shonna C.</i><br><br>2:00PM-3:00PM<br>(Aquatics)<br><i>Dee A.</i>      | 9:00AM-9:50AM<br>(Aquatics)<br><i>Cecelia M.</i>   | 9:30AM-10:20AM<br>(Aquatics)<br><i>Shonna C.</i><br><br>2:00PM-3:00PM<br>(Aquatics)<br><i>Dee A.</i>        | 9:00AM-9:50AM<br>(Aquatics)<br><i>Cecelia M.</i>  | 2:00PM-3:00PM<br>(Aquatics)<br><i>Dee A.</i>      |   |        |
| <b>Booty Barre</b><br>Studio<br><a href="#">Sign Up</a>             | 9:45AM-10:45AM<br>(Barre)<br><i>Raven B.</i>  |  | 9:45AM-10:45AM<br>(Barre)<br><i>Eva V.</i>  |   |   |   |        |
| <b>Fluid Movement</b><br>South Pool<br><a href="#">Sign Up</a>      | 10:30AM-11:20AM<br>(Aquatics)<br><i>Shonna C.</i>   |  | 10:30AM-11:20AM<br>(Aquatics)<br><i>Shonna C.</i>   |   | 10:30AM-11:20AM<br>(Aquatics)<br><i>Dee A.</i>    |   |        |
| <b>Zumba</b><br>Gym<br><a href="#">Sign Up</a>                      | 10:30AM-11:30AM<br>(Dance)<br><i>Sheila D.</i>  |  | 10:30AM-11:30AM<br>(Dance)<br><i>Rico S.</i>  |   | 10:30AM-11:30AM<br>(Dance)<br><i>Delia R.</i>     |   |        |
| <b>Chair Yoga</b><br>Multi-Purpose Room<br><a href="#">Sign Up</a>  | 10:45AM-11:45AM<br>(Mind Body)<br><i>Becca S.</i>   |  | 10:30AM-11:30AM<br>(Mind Body)<br><i>Dede B.</i>  |   |   |   |        |
| <b>Total Body Training</b><br>Studio<br><a href="#">Sign Up</a>     | 11:00AM-11:50AM<br>(Strength)<br><i>Suzanne I.</i>  |  | 11:00AM-11:50AM<br>(Strength)<br><i>Suzanne I.</i>  |   |   |   |        |
| <b>All-Stars Basketball (50+)</b><br>Gym                            | 11:45AM-1:45PM<br>(General)<br><i>Staff</i>   |  | 11:45AM-1:45PM<br>(General)<br><i>Staff</i>   |   | 11:45AM-1:45PM<br>(General)<br><i>Staff</i>       |   |        |
| <b>TRX</b><br>Multi-Purpose Room<br><a href="#">Sign Up</a>         | 12:00PM-12:45PM<br>(Strength)<br><i>Suzanne I.</i>  | 11:00AM-11:45AM<br>(Strength)<br><i>Julie W.</i><br><br>5:00PM-5:45PM<br>(Strength)<br><i>Becca S.</i> | 12:00PM-12:45PM<br>(Strength)<br><i>Gillian H.</i><br><br>5:00PM-5:45PM<br>(Strength)<br><i>Kathleen C.</i> | 11:00AM-11:45AM<br>(Strength)<br><i>Becca S.</i><br><br>5:00PM-5:45PM<br>(Strength)<br><i>Kathleen C.</i> | 12:00PM-12:45PM<br>(Strength)<br><i>Shona</i>     |   |        |

|  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  | Sunday   |
|--|--|--|--|--|--|---|--|
| <b>Cycle Express</b><br>Cycle Studio<br><a href="#">Sign Up</a>        | 12:00PM-12:30PM<br>(Cardio)<br><i>Emmalyn P.</i> |  | 12:00PM-12:30PM<br>(Cardio)<br><i>Suzanne I.</i> |  |  |   |  |
| <b>Pickle Ball</b><br>Gym  | 2:15PM-4:15PM<br>(General)<br><i>Staff</i>       | 2:15PM-4:15PM<br>(General)<br><i>Staff</i>         | 2:15PM-4:15PM<br>(General)<br><i>Staff</i>       | 2:15PM-4:15PM<br>(General)<br><i>Staff</i>           | 2:15PM-4:15PM<br>(General)<br><i>Staff</i>           |   |  |
| <b>Vinyasa Yoga</b><br>Multi-Purpose Room<br><a href="#">Sign Up</a>   | 4:00PM-5:15PM<br>(Mind Body)<br><i>Vinny B.</i>  | 9:00AM-10:15AM<br>(Mind Body)<br><i>Dede B.</i>    | 4:00PM-5:15PM<br>(Mind Body)<br><i>Joe T.</i>    | 9:00AM-10:15AM<br>(Mind Body)<br><i>Stephanie B.</i> |  |   | 1:00PM-2:00PM<br>(Mind Body)<br><i>Jen W.</i>  |
| <b>Zumba</b><br>Studio<br><a href="#">Sign Up</a>                      | 5:30PM-6:30PM<br>(Dance)<br><i>Delia R.</i>      |  |  |  |  |   |  |
| <b>Flex and Stretch</b><br>Gym<br><a href="#">Sign Up</a>              |  | 8:30AM-9:20AM<br>(Combination)<br><i>Shona</i>     |  | 8:30AM-9:20AM<br>(Combination)<br><i>Shona</i>       |  |   |  |
| <b>Pilates</b><br>Studio<br><a href="#">Sign Up</a>                    |  | 9:45AM-10:45AM<br>(Pilates)<br><i>Raven B.</i>     |  | 9:45AM-10:45AM<br>(Mind Body)<br><i>Suzanne I.</i>   | 12:30PM-1:30PM<br>(Pilates)<br><i>Suzanne I.</i>     |   | 2:30PM-3:30PM<br>(Pilates)<br><i>Shonna C.</i> |
| <b>Cardio Splash</b><br>South Pool<br><a href="#">Sign Up</a>          |  | 10:00AM-10:50AM<br>(Aquatics)<br><i>Cecelia M.</i> |  | 10:00AM-10:50AM<br>(Aquatics)<br><i>Cecelia M.</i>   | 9:30AM-10:20AM<br>(Aquatics)<br><i>Dee A.</i>        |   |  |
| <b>Legends Basketball (35+)</b><br>Gym                                 |  | 10:30AM-12:30PM<br>(General)<br><i>Staff</i>       |  | 10:30AM-12:30PM<br>(General)<br><i>Staff</i>         |  | 9:30AM-1:00PM<br>(General)<br><i>Staff</i>      |  |
| <b>BODYPUMP Express</b><br>Studio<br><a href="#">Sign Up</a>           |  | 11:00AM-11:45AM<br>(Strength)<br><i>Karen J.</i>   |  | 11:00AM-11:45AM<br>(Strength)<br><i>Karen J.</i>     |  |   |  |
| <b>BODYBALANCE</b><br>Studio<br><a href="#">Sign Up</a>                |  | 12:00PM-1:00PM<br>(Mind Body)<br><i>Shona</i>      |  | 12:00PM-1:00PM<br>(Mind Body)<br><i>Shona</i>        |  | 8:15AM-9:15AM<br>(Mind Body)<br><i>Karen J.</i> |  |
| <b>Strength Fusion</b><br>Studio<br><a href="#">Sign Up</a>            |  | 1:15PM-2:15PM<br>(Strength)<br><i>Kristina S.</i>  |  | 1:15PM-2:15PM<br>(Strength)<br><i>Kathleen C.</i>    |  |   |  |
| <b>Vinyasa Yoga</b><br>Studio<br><a href="#">Sign Up</a>               |  | 4:30PM-5:30PM<br>(Mind Body)<br><i>Hannah G.</i>   |  | 4:30PM-5:30PM<br>(Mind Body)<br><i>Vinita K.</i>     | 9:45AM-10:45AM<br>(Mind Body)<br><i>Stephanie B.</i> |   |  |
| <b>BODYCOMBAT</b><br>Studio<br><a href="#">Sign Up</a>                 |  | 5:45PM-6:30PM<br>(Cardio)<br><i>Tracy D.</i>       |  | 5:45PM-6:30PM<br>(Cardio)<br><i>Tracy D.</i>         |  |   |  |
| <b>Slow Flow Yoga</b><br>Multi-Purpose Room<br><a href="#">Sign Up</a> |  | 6:00PM-7:00PM<br>(Mind Body)<br><i>Brittany C.</i> |  | 6:00PM-7:00PM<br>(Mind Body)<br><i>Brittany C.</i>   |  |   |  |
| <b>Hip Hop Fitness</b><br>Studio<br><a href="#">Sign Up</a>            |  |  | 5:30PM-6:30PM<br>(Dance)<br><i>Eleanor W.</i>    |  |  | 10:45AM-11:45AM<br>(Dance)<br><i>Eleanor W.</i> |  |

|  | Monday | Tuesday | Wednesday | Thursday | Friday                                       | Saturday   | Sunday   |
|--|--------|---------|-----------|----------|--|--|--|
| <b>Deep Water Fitness</b><br>South Pool<br><a href="#">Sign Up</a> |        |         |           |          | 8:30AM-9:20AM<br>(Aquatics)<br><i>Amy L.</i> |  |  |
| <b>Yogalates</b><br>Studio<br><a href="#">Sign Up</a>              |        |         |           |          |  | 12:00PM-1:00PM<br>(Mind Body)<br><i>Raven B.</i> |  |
| <b>Barre</b><br>Studio<br><a href="#">Sign Up</a>                  |        |         |           |          |  |  | 12:30PM-1:30PM<br>(Dance)<br><i>Kayla A.</i>     |
| <b>Gentle Yoga</b><br>Studio<br><a href="#">Sign Up</a>            |        |         |           |          |  |  | 3:45PM-4:45PM<br>(Mind Body)<br><i>Shonna C.</i> |



## Black Mountain YMCA | July 21st - July 27th

|   | Monday                                       | Tuesday                                    | Wednesday                                   | Thursday                                   | Friday                                      | Saturday                                 | Sunday |
|---|--|--|---|--|---|--|--------|
| <b>Cycle</b><br>Fitness Studio<br><a href="#">Sign Up</a>                           | 6:00AM-7:00AM<br>(Cardio)<br>Carla M.        |  |   |  |   |  |        |
| <b>Total Body Training</b><br>Fitness Studio<br><a href="#">Sign Up</a>             | 7:45AM-8:30AM<br>(Combination)<br>Laney H.   |  |   | 7:45AM-8:30AM<br>(Combination)<br>Laney H. | 9:45AM-10:45AM<br>(Combination)<br>Sadie S. |  |        |
| <b>Low Impact Fitness</b><br>Fitness Studio<br><a href="#">Sign Up</a>              | 8:45AM-9:30AM<br>(Combination)<br>Jeryl S.   |  |   |  | 8:30AM-9:15AM<br>(Combination)<br>Sadie S.  |  |        |
| <b>Cycle Fusion</b><br>Fitness Studio<br><a href="#">Sign Up</a>                    | 9:45AM-10:45AM<br>(Combination)<br>Erica G.  |  |   |  | 6:00AM-7:00AM<br>(Combination)<br>Carla M.  |  |        |
| <b>Hydro Burn</b><br>Pool<br><a href="#">Sign Up</a>                                | 10:00AM-11:00AM<br>(Aquatics)<br>Sue S.      |  |   |  |   |  |        |
| <b>Power Yoga</b><br>Fitness Studio<br><a href="#">Sign Up</a>                      | 11:00AM-12:00PM<br>(Mind Body)<br>Michele B. |  | 2:00PM-3:00PM<br>(Mind Body)<br>Ed C.       |  |   | 9:45AM-10:45AM<br>(Mind Body)<br>Ed C.   |        |
| <b>Sit to be Fit</b><br>Fitness Studio<br><a href="#">Sign Up</a>                   | 12:15PM-1:15PM<br>(Combination)<br>Cyndy K.  |  | 12:15PM-1:00PM<br>(Combination)<br>Cyndy K. |  | 12:15PM-1:00PM<br>(Combination)<br>Cyndy K. |  |        |
| <b>Strength Fusion</b><br>Fitness Studio<br><a href="#">Sign Up</a>                 | 4:30PM-5:30PM<br>(Combination)<br>Julie H.   |  |   |  |   | 9:45AM-10:45AM<br>(Strength)<br>Julie H. |        |
| <b>Step</b><br>Fitness Studio<br><a href="#">Sign Up</a>                            | 5:45PM-6:30PM<br>(Cardio)<br>Mary B.         |  | 8:45AM-9:35AM<br>(Cardio)<br>Jeryl S.       |  |   |  |        |
| <b>Tai Chi-Arthritis &amp; Balance</b><br>Fitness Studio<br><a href="#">Sign Up</a> | 6:45PM-7:45PM<br>(Mind Body)<br>Jay L.       |  |   |  |   |  |        |
| <b>Athletic Conditioning</b><br>Studio O<br><a href="#">Sign Up</a>                 |  | 7:15AM-8:00AM<br>(Combination)<br>Sadie G. |   |  | 7:15AM-8:00AM<br>(Combination)<br>Sadie G.  |  |        |
| <b>Cardio Dance</b><br>Fitness Studio<br><a href="#">Sign Up</a>                    |  | 8:45AM-9:30AM<br>(Dance)<br>Sadie S.       |   | 5:45PM-6:45PM<br>(Cardio)<br>Sheila D.     | 4:30PM-5:15PM<br>(Dance)<br>Christey C.     |  |        |

|   | Monday | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday | Sunday   |
|---|--------|---|---|---|---|----------|--|
| <b>BODYCOMBAT</b><br>Fitness Studio<br><a href="#">Sign Up</a>            |        | 9:45AM-10:45AM<br>(Cardio)<br><i>Erica G.</i>       |   | 10:00AM-10:45AM<br>(Cardio)<br><i>Jennifer P.</i>   |   |          |  |
| <b>Aqua Tabata</b><br>Pool<br><a href="#">Sign Up</a>                     |        | 10:00AM-10:45AM<br>(Aquatics)<br><i>Sadie S.</i>    | 5:30PM-6:15PM<br>(Aquatics)<br><i>Rochelle B.</i>   |   |   |          |  |
| <b>Vinyasa Yoga</b><br>Fitness Studio<br><a href="#">Sign Up</a>          |        | 11:00AM-12:00PM<br>(Mind Body)<br><i>Michele B.</i> |   | 11:00AM-12:00PM<br>(Mind Body)<br><i>Michele B.</i> |   |          | 2:00PM-3:00PM<br>(Mind Body)<br><i>Martha N.</i> |
| <b>Chair Yoga</b><br>Fitness Studio<br><a href="#">Sign Up</a>            |        | 12:15PM-1:15PM<br>(Mind Body)<br><i>Kathryn L.</i>  |   | 12:15PM-1:15PM<br>(Mind Body)<br><i>Kathryn L.</i>  |   |          |  |
| <b>BODYPUMP</b><br>Fitness Studio<br><a href="#">Sign Up</a>              |        | 4:30PM-5:30PM<br>(Combination)<br><i>Jami</i>       | 9:45AM-10:45AM<br>(Combination)<br><i>Sadie G.</i>  | 4:30PM-5:30PM<br>(Combination)<br><i>Sadie G.</i>   |   |          |  |
| <b>Zumba</b><br>Fitness Studio<br><a href="#">Sign Up</a>                 |        | 5:45PM-6:45PM<br>(Cardio)<br><i>Sheila D.</i>       |   |   |   |          |  |
| <b>Athletic Conditioning</b><br>Fitness Studio<br><a href="#">Sign Up</a> |        |   | 7:45AM-8:40AM<br>(Combination)<br><i>Malynda K.</i> |   |   |          |  |
| <b>Cardio Splash</b><br>Pool<br><a href="#">Sign Up</a>                   |        |   | 10:00AM-11:00AM<br>(Aquatics)<br><i>Sue S.</i>      | 10:00AM-11:00AM<br>(Aquatics)<br><i>Rochelle B.</i> | 10:00AM-11:00AM<br>(Aquatics)<br><i>Rochelle B.</i> |          |  |
| <b>Barre</b><br>Fitness Studio<br><a href="#">Sign Up</a>                 |        |   | 11:00AM-12:00PM<br>(Barre)<br><i>Raven B.</i>       | 8:45AM-9:45AM<br>(Barre)<br><i>Jennifer P.</i>      |   |          |  |
| <b>HIIT</b><br>Fitness Studio<br><a href="#">Sign Up</a>                  |        |   | 4:30PM-5:15PM<br>(Cardio)<br><i>Julie H.</i>        |   | 11:00AM-12:00PM<br>(Combination)<br><i>Julie H.</i> |          |  |
| <b>Tai Chi for Energy</b><br>Fitness Studio<br><a href="#">Sign Up</a>    |        |   | 5:30PM-6:30PM<br>(Mind Body)<br><i>Jay L.</i>       |   |   |          |  |
| <b>Tai Chi</b><br>Fitness Studio<br><a href="#">Sign Up</a>               |        |   |   |   | 1:30PM-2:30PM<br>(Mind Body)<br><i>Jay L.</i>       |          |  |



## Hendersonville Family YMCA | July 21st - July 27th

|  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday                                      | Sunday |
|--|---|--|--|---|---|---|--------|
| <b>BODYCOMBAT</b><br>Fitness Studio<br><a href="#">Sign Up</a>       | 6:00AM-6:45AM<br>(Cardio)<br><i>Allyson B.</i>  | 5:00PM-5:55PM<br>(Cardio)<br><i>Ashley B.</i>  | 8:00AM-8:45AM<br>(Cardio)<br><i>Allyson B.</i>   | 5:00PM-5:55PM<br>(Cardio)<br><i>Ashley B.</i>   | 8:00AM-8:45AM<br>(Cardio)<br><i>Allyson B.</i>  | 8:15AM-9:15AM<br>(Cardio)<br><i>Ashley B.</i> |        |
| <b>Pilates</b><br>Gym<br><a href="#">Sign Up</a>                     | 8:00AM-8:45AM<br>(Pilates)<br><i>Linda C.</i>   |  | 8:00AM-8:45AM<br>(Pilates)<br><i>Linda C.</i>  |   | 8:00AM-8:45AM<br>(Mind Body)<br><i>Wendy S.</i> |   |        |
| <b>BODYCOMBAT</b><br>Community Room<br><a href="#">Sign Up</a>       | 8:00AM-8:45AM<br>(Cardio)<br><i>Allyson B.</i>  |  |  |   |   |   |        |
| <b>BODYPUMP Express</b><br>Fitness Studio<br><a href="#">Sign Up</a> | 8:00AM-8:45AM<br>(Combination)<br><i>Ann F.</i>   | 5:45AM-6:30AM<br>(Strength)<br><i>Emily D.</i><br><br>11:00AM-11:45AM<br>(Combination)<br><i>Mimi C.</i> | 8:00AM-8:45AM<br>(Combination)<br><i>Ann F.</i>  | 5:45AM-6:30AM<br>(Strength)<br><i>Emily D.</i><br><br>11:00AM-11:45AM<br>(Combination)<br><i>Ann F.</i> |   |   |        |
| <b>Cardio Dance</b><br>Fitness Studio<br><a href="#">Sign Up</a>     | 9:00AM-9:45AM<br>(Dance)<br><i>Therese L.</i>   |  | 9:00AM-9:45AM<br>(Dance)<br><i>Carmen V.</i>   |   |   |   |        |
| <b>CANCELED: Cycle</b><br>Cycle Studio<br><a href="#">Sign Up</a>    | 9:00AM-9:45AM<br>(Cardio)<br><i>Carrie H.</i><br><br>5:00PM-5:45PM<br>(Cardio)<br><i>Claire N.</i>        |  |  |   |   |   |        |
| <b>TRX</b><br>Gym<br><a href="#">Sign Up</a>                         | 9:00AM-9:45AM<br>(Strength)<br><i>Caryl C.</i><br><br>10:00AM-10:45AM<br>(Combination)<br><i>Caryl C.</i> | 10:05AM-10:50AM<br>(Combination)<br><i>Regina V.</i>   | 9:00AM-9:45AM<br>(Strength)<br><i>Mary A.</i><br><br>10:00AM-10:45AM<br>(Combination)<br><i>Linda C.</i> | 10:05AM-10:50AM<br>(Combination)<br><i>Regina V.</i>  |   |   |        |
| <b>Aqua Tabata</b><br>Pool<br><a href="#">Sign Up</a>                | 9:10AM-10:00AM<br>(Aquatics)<br><i>Melissa F.</i>   |  | 9:10AM-10:00AM<br>(Aquatics)<br><i>Melissa F.</i>  |   | 9:10AM-10:00AM<br>(Aquatics)<br><i>Wendy S.</i> |   |        |

|  | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday   | Sunday |
|--|---|---|---|---|---|--|--------|
| <b>BODYPUMP</b><br>Fitness Studio<br><a href="#">Sign Up</a>           | 10:00AM-11:00AM<br>(Combination)<br><i>Gena S.</i><br><br>5:00PM-6:00PM<br>(Combination)<br><i>Emily C.</i> |   | 10:00AM-11:00AM<br>(Combination)<br><i>Gena S.</i><br><br>5:00PM-6:00PM<br>(Combination)<br><i>Emily C.</i> |   | 10:00AM-11:00AM<br>(Combination)<br><i>Christina H.</i> | 9:30AM-10:30AM<br>(Combination)<br><i>Emily C.</i> |        |
| <b>Cardio Splash</b><br>Pool<br><a href="#">Sign Up</a>                | 10:10AM-11:00AM<br>(Aquatics)<br><i>Melissa F.</i>  |   | 10:10AM-11:00AM<br>(Aquatics)<br><i>Melissa F.</i>  |   | 10:10AM-11:00AM<br>(Aquatics)<br><i>Wendy S.</i>        |  |        |
| <b>Gentle Yoga</b><br>Gym<br><a href="#">Sign Up</a>                   | 11:00AM-11:55AM<br>(Mind Body)<br><i>Lee H.</i>   |   | 11:00AM-11:55AM<br>(Mind Body)<br><i>Mandy H.</i>   |   | 11:00AM-11:55AM<br>(Mind Body)<br><i>Christina H.</i>   |  |        |
| <b>Fluid Movement</b><br>Pool<br><a href="#">Sign Up</a>               | 11:10AM-12:00PM<br>(Aquatics)<br><i>Lori S.</i>   |   | 11:10AM-12:00PM<br>(Aquatics)<br><i>Melissa F.</i>  |   | 11:10AM-12:00PM<br>(Aquatics)<br><i>Wendy S.</i>        |  |        |
| <b>Barre</b><br>Fitness Studio<br><a href="#">Sign Up</a>              | 11:15AM-12:00PM<br>(Combination)<br><i>Debby C.</i>   | 10:00AM-10:45AM<br>(Barre)<br><i>Debby C.</i>       | 11:15AM-12:00PM<br>(Combination)<br><i>Debby C.</i>   | 10:00AM-10:45AM<br>(Barre)<br><i>Ann F.</i>   |   |  |        |
| <b>Low Impact Fitness</b><br>Gym<br><a href="#">Sign Up</a>            | 12:15PM-1:10PM<br>(Combination)<br><i>Linda C.</i>  | 12:15PM-1:10PM<br>(Combination)<br><i>Lee H.</i>    | 12:15PM-1:10PM<br>(Combination)<br><i>Linda C.</i>  | 12:15PM-1:10PM<br>(Combination)<br><i>Lee H.</i>  |   |  |        |
| <b>Pickle Ball</b><br>Gym  | 1:15PM-3:15PM<br>(General)<br><i>Staff</i>  |   | 1:15PM-3:15PM<br>(General)<br><i>Staff</i>  |   | 1:15PM-3:15PM<br>(General)<br><i>Staff</i>              |  |        |
| <b>Yin Yoga</b><br>Fitness Studio<br><a href="#">Sign Up</a>           | 6:30PM-7:30PM<br>(Mind Body)<br><i>Meredith G.</i>  |   | 6:30PM-7:30PM<br>(Mind Body)<br><i>Bill A.</i>  |   |   |  |        |
| <b>Core Conditioning</b><br>Gym/Outside<br><a href="#">Sign Up</a>     |   | 6:00AM-6:45AM<br>(Combination)<br><i>Roxanna P.</i> |   | 6:00AM-6:45AM<br>(Combination)<br><i>Roxanna P.</i>   |   |  |        |
| <b>Rise and Shine</b><br>Fitness Studio<br><a href="#">Sign Up</a>     |   | 8:00AM-8:45AM<br>(Combination)<br><i>Lee H.</i>     |   | 8:00AM-8:45AM<br>(Combination)<br><i>Lee H.</i>   |   |  |        |
| <b>Athletic Conditioning</b><br>Gym/Outside<br><a href="#">Sign Up</a> |   | 9:00AM-9:55AM<br>(Combination)<br><i>Leo G.</i>     |   | 9:00AM-9:55AM<br>(High Intensity Interval)<br><i>Leo G.</i>   |   | 9:00AM-9:55AM<br>(Combination)<br><i>Mary A.</i>   |        |
| <b>Step</b><br>Fitness Studio<br><a href="#">Sign Up</a>               |   | 9:00AM-9:45AM<br>(Cardio)<br><i>Kelly M.</i>        |   | 9:00AM-9:45AM<br>(Cardio)<br><i>Kelly M.</i>  |   |  |        |
| <b>Cycle</b><br>Cycle Studio<br><a href="#">Sign Up</a>                |   | 9:00AM-9:45AM<br>(Cardio)<br><i>Mary A.</i>         |   | 9:00AM-9:45AM<br>(Cardio)<br><i>Christina H.</i><br><br>5:00PM-5:45PM<br>(Cardio)<br><i>Claire N.</i> | 9:00AM-9:45AM<br>(Cardio)<br><i>Mary A.</i>             | 8:30AM-9:15AM<br>(Cardio)<br><i>Claire N.</i>      |        |

|   | Monday | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday | Sunday   |
|---|--------|--|--|--|--|----------|--|
| <b>Hydro Burn</b><br>Pool<br><a href="#">Sign Up</a>                        |        | 9:10AM-10:00AM<br>(Aquatics)<br><i>Doreen B.</i><br><br>6:10PM-7:00PM<br>(Aquatics)<br><i>Roxanna P.</i> |  | 9:10AM-10:00AM<br>(Aquatics)<br><i>Doreen B.</i><br><br>6:10PM-7:00PM<br>(Aquatics)<br><i>Roxanna P.</i> |  |          | 1:10PM-2:00PM<br>(Aquatics)<br><i>Roxanna P.</i>   |
| <b>Aqua Power Fusion</b><br>Pool<br><a href="#">Sign Up</a>                 |        | 10:10AM-11:00AM<br>(Aquatics)<br><i>Melissa F.</i>   |  |  |  |          |  |
| <b>Yogalates</b><br>Gym<br><a href="#">Sign Up</a>                          |        | 11:00AM-11:55AM<br>(Combination)<br><i>Lee H.</i>  |  | 11:00AM-11:55AM<br>(Combination)<br><i>Lee H.</i>  |  |          |  |
| <b>Tai Chi</b><br>Fitness Studio<br><a href="#">Sign Up</a>                 |        | 12:00PM-12:55PM<br>(Mind Body)<br><i>Sharon M.</i>   |  | 12:00PM-12:55PM<br>(Mind Body)<br><i>Sharon M.</i>   |  |          |  |
| <b>Slow Flow Yoga</b><br>Fitness Studio<br><a href="#">Sign Up</a>          |        | 1:00PM-2:00PM<br>(Mind Body)<br><i>Regina V.</i>   |  | 1:00PM-2:00PM<br>(Mind Body)<br><i>Regina V.</i>   |  |          | 3:00PM-4:00PM<br>(Mind Body)<br><i>Meredith G.</i> |
| <b>Chair Yoga</b><br>Fitness Studio<br><a href="#">Sign Up</a>              |        | 2:15PM-3:15PM<br>(Mind Body)<br><i>Regina V.</i>   |  | 2:15PM-3:15PM<br>(Mind Body)<br><i>Regina V.</i>   |  |          |  |
| <b>Total Body Training</b><br>Fitness Studio<br><a href="#">Sign Up</a>     |        | 4:00PM-4:45PM<br>(Strength)<br><i>Melissa F.</i>   |  | 4:00PM-4:45PM<br>(Strength)<br><i>Melissa F.</i>   |  |          |  |
| <b>Zumba</b><br>Fitness Studio<br><a href="#">Sign Up</a>                   |        | 6:00PM-6:55PM<br>(Dance)<br><i>Therese L.</i>  |  | 6:00PM-6:55PM<br>(Dance)<br><i>Carmen V.</i>   |  |          |  |
| <b>HIIT</b><br>Gym<br><a href="#">Sign Up</a>                               |        |  | 5:45AM-6:20AM<br>(Combination)<br><i>Jennifer C.</i> |  | 5:45AM-6:20AM<br>(Combination)<br><i>Jennifer C.</i> |          |  |
| <b>Tai Chi Club - Advanced</b><br>Fitness Studio<br><a href="#">Sign Up</a> |        |  | 1:15PM-2:15PM<br>(Mind Body)<br><i>Sharon M.</i>     |  | 1:15PM-2:15PM<br>(Mind Body)<br><i>Sharon M.</i>     |          |  |
| <b>Ageless Grace</b><br>Community Room<br><a href="#">Sign Up</a>           |        |  | 2:30PM-3:15PM<br>(Combination)<br><i>Doreen B.</i>   |  |  |          |  |
| <b>Yoga Sculpt</b><br>Fitness Studio<br><a href="#">Sign Up</a>             |        |  | 2:30PM-3:30PM<br>(Combination)<br><i>Bill A.</i>     |  |  |          | 12:00PM-12:45PM<br>(Combination)<br><i>Bill A.</i> |
| <b>Power Yoga</b><br>Fitness Studio<br><a href="#">Sign Up</a>              |        |  | 3:45PM-4:45PM<br>(Mind Body)<br><i>Bill A.</i>       |  | 6:30PM-7:30PM<br>(Mind Body)<br><i>Bill A.</i>       |          | 1:30PM-2:30PM<br>(Mind Body)<br><i>Bill A.</i>     |
| <b>NIA</b><br>Fitness Studio<br><a href="#">Sign Up</a>                     |        |  |  |  | 9:00AM-9:45AM<br>(Dance)<br><i>Denise M.</i>         |          |  |

|   | Monday | Tuesday | Wednesday | Thursday | Friday   | Saturday  | Sunday |
|---|--------|---------|-----------|----------|--|---|--------|
| <b>TRX</b><br>Gym/Outside<br><a href="#">Sign Up</a>                |        |         |           |          | 9:00AM-9:45AM<br>(Combination)<br><i>Ann F.</i>    |   |        |
| <b>TRX</b><br>Fitness Studio<br><a href="#">Sign Up</a>             |        |         |           |          | 10:00AM-10:45AM<br>(Combination)<br><i>Ryan W.</i> |   |        |
| <b>Low Impact Fitness</b><br>Gym/Outside<br><a href="#">Sign Up</a> |        |         |           |          | 12:15PM-1:10PM<br>(Mind Body)<br><i>Roxanna P.</i> |   |        |
| <b>Pilates</b><br>Fitness Studio<br><a href="#">Sign Up</a>         |        |         |           |          | 12:15PM-1:00PM<br>(General)<br><i>Linda C.</i>     |   |        |
| <b>Zumba</b><br>Gym<br><a href="#">Sign Up</a>                      |        |         |           |          |  | 9:30AM-10:20AM<br>(Dance)<br><i>Therese L.</i>      |        |
| <b>Vinyasa Yoga</b><br>Gym<br><a href="#">Sign Up</a>               |        |         |           |          |  | 10:30AM-11:30AM<br>(Mind Body)<br><i>Lindsay F.</i> |        |



## Woodfin YMCA | July 21st - July 27th

|   | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday  | Sunday  |
|---|--|---|--|--|--|---|---|
| <b>Vinyasa Yoga</b><br>Studio A<br><a href="#">Sign Up</a>    | 7:30AM-8:30AM<br>(Mind Body)<br><i>Leanna J.</i>   | 9:00AM-10:00AM<br>(Mind Body)<br><i>Tanya N.</i><br><br>5:15PM-6:15PM<br>(Mind Body)<br><i>Elspeth G.</i> | 7:30AM-8:30AM<br>(Mind Body)<br><i>Leanna J.</i><br><br>5:15PM-6:15PM<br>(Mind Body)<br><i>Leanna J.</i> | 9:00AM-10:00AM<br>(Mind Body)<br><i>Vinita K.</i>  |  | 11:00AM-12:00PM<br>(Mind Body)<br><i>Gillian H.</i> | 11:00AM-12:00PM<br>(Mind Body)<br><i>Elspeth G.</i>   |
| <b>Strength Fusion</b><br>Studio B<br><a href="#">Sign Up</a> | 8:00AM-8:45AM<br>(Combination)<br><i>Marian R.</i><br><br>9:00AM-9:45AM<br>(Strength)<br><i>Jessica M.</i> | 1:30PM-2:15PM<br>(Strength)<br><i>Kathleen C.</i>   | 9:00AM-9:45AM<br>(Strength)<br><i>Jessica M.</i>   |  | 9:00AM-9:45AM<br>(Strength)<br><i>Shelley N.</i>   |   | 9:30AM-10:15AM<br>(Strength)<br><i>Conny A.</i><br><br>11:30AM-12:15PM<br>(Strength)<br><i>Conny A.</i> |
| <b>BODYBALANCE</b><br>Studio A<br><a href="#">Sign Up</a>     | 8:45AM-9:45AM<br>(Mind Body)<br><i>Karen J.</i>  |   | 8:45AM-9:45AM<br>(Mind Body)<br><i>Shona</i>   |  | 8:45AM-9:45AM<br>(Combination)<br><i>Shona</i>     | 8:45AM-9:45AM<br>(Mind Body)<br><i>Kate C.</i>      | 12:15PM-1:15PM<br>(Combination)<br><i>Karen J.</i>  |
| <b>Zumba Gold</b><br>Studio B<br><a href="#">Sign Up</a>      | 10:00AM-10:45AM<br>(Dance)<br><i>Nancy H.</i>  |   | 10:00AM-10:45AM<br>(Dance)<br><i>Nancy H.</i>  |  |  |   |   |
| <b>Gentle Yoga</b><br>Studio A<br><a href="#">Sign Up</a>     | 10:00AM-11:00AM<br>(Mind Body)<br><i>Tanya N.</i>  | 11:30AM-12:30PM<br>(Mind Body)<br><i>Vinita K.</i>  | 10:00AM-11:00AM<br>(Mind Body)<br><i>Gillian H.</i>  | 11:30AM-12:30PM<br>(Mind Body)<br><i>Vinita K.</i> | 10:00AM-11:00AM<br>(Mind Body)<br><i>Shonna C.</i> |   | 9:45AM-10:45AM<br>(Mind Body)<br><i>Shonna C.</i>   |
| <b>TRX</b><br>Studio B<br><a href="#">Sign Up</a>             | 11:15AM-12:00PM<br>(Strength)<br><i>Jessica M.</i>   |   | 11:15AM-12:00PM<br>(Strength)<br><i>Jessica M.</i><br><br>5:00PM-5:45PM<br>(Strength)<br><i>Conny A.</i> |  | 11:15AM-12:00PM<br>(Strength)<br><i>Suzanne I.</i> |   |   |
| <b>Pilates</b><br>Studio A<br><a href="#">Sign Up</a>         | 11:15AM-12:00PM<br>(Pilates)<br><i>Jay H.</i>  | 10:15AM-11:15AM<br>(Pilates)<br><i>Vinita K.</i><br><br>4:00PM-5:00PM<br>(Pilates)<br><i>Jay H.</i>       | 11:15AM-12:00PM<br>(Pilates)<br><i>Jay H.</i><br><br>4:00PM-5:00PM<br>(Pilates)<br><i>Shonna C.</i>      | 10:15AM-11:15AM<br>(Pilates)<br><i>Vinita K.</i>   | 11:15AM-12:15PM<br>(Pilates)<br><i>Shonna C.</i>   |   |   |

|  | Monday  | Tuesday   | Wednesday                                     | Thursday  | Friday  | Saturday  | Sunday  |
|--|---|---|---|---|---|---|---|
| <b>Cycle</b><br>Studio B<br><a href="#">Sign Up</a>            | 12:15PM-1:00PM<br>(Cardio)<br><i>Jay H.</i>     | 7:00AM-7:45AM<br>(Cardio)<br><i>Copland R.</i><br><br>12:30PM-1:15PM<br>(Cardio)<br><i>Jessica M.</i> |   | 7:00AM-7:45AM<br>(Cardio)<br><i>Copland R.</i><br><br>12:30PM-1:15PM<br>(Cardio)<br><i>Jessica M.</i> | 8:00AM-8:45AM<br>(Cardio)<br><i>Gillian H.</i>  | 8:10AM-9:10AM<br>(Cardio)<br><i>Copland R.</i>  | 10:30AM-11:15AM<br>(Cardio)<br><i>Kate C.</i> |
| <b>Hip Hop Fitness</b><br>Studio B<br><a href="#">Sign Up</a>  | 4:00PM-4:45PM<br>(Dance)<br><i>Karen J.</i>     |   |   | 5:15PM-6:15PM<br>(Dance)<br><i>Kim L.</i>   |   |   |   |
| <b>Barre</b><br>Studio A<br><a href="#">Sign Up</a>            | 4:00PM-5:00PM<br>(Barre)<br><i>Maddie</i>       |   |   | 4:00PM-5:00PM<br>(Barre)<br><i>Maddie</i>   |   |   |   |
| <b>BODYPUMP</b><br>Studio B<br><a href="#">Sign Up</a>         | 5:00PM-6:00PM<br>(Strength)<br><i>Karen J.</i>  | 10:15AM-11:15AM<br>(Strength)<br><i>Shelley N.</i>  |   | 10:15AM-11:15AM<br>(Strength)<br><i>Shelley N.</i>  |   | 9:30AM-10:30AM<br>(Strength)<br><i>Shelley N.</i><br><br>10:45AM-11:45AM<br>(Strength)<br><i>Cameron W.</i> |   |
| <b>Stretch and Roll</b><br>Studio B<br><a href="#">Sign Up</a> | 6:15PM-7:00PM<br>(Mind Body)<br><i>Dr. I.</i>   |   |   |   |   |   |   |
| <b>Yoga Nidra</b><br>Studio A<br><a href="#">Sign Up</a>       | 6:30PM-7:30PM<br>(Mind Body)<br><i>Janet F.</i> |   |   |   |   |   |   |
| <b>The Groove</b><br>Studio B<br><a href="#">Sign Up</a>       |   | 8:00AM-8:45AM<br>(Dance)<br><i>Leanna J.</i>  |   | 8:00AM-8:45AM<br>(Dance)<br><i>Leanna J.</i>  |   |   |   |
| <b>Yogalates</b><br>Studio A<br><a href="#">Sign Up</a>        |   | 8:00AM-8:45AM<br>(Combination)<br><i>Gillian H.</i>   |   | 8:00AM-8:45AM<br>(Combination)<br><i>Gillian H.</i>   |   |   |   |
| <b>Zumba</b><br>Studio B<br><a href="#">Sign Up</a>            |   | 11:30AM-12:15PM<br>(Dance)<br><i>Deborah P.</i><br><br>5:15PM-6:15PM<br>(Dance)<br><i>Delia R.</i>    |   | 11:30AM-12:15PM<br>(Dance)<br><i>Rico S.</i>  | 10:00AM-10:45AM<br>(Dance)<br><i>Eugenia W.</i> | 12:00PM-12:45PM<br>(Dance)<br><i>Lena S.</i>  |   |
| <b>BODYPUMP Express</b><br>Studio B<br><a href="#">Sign Up</a> |   |   | 8:00AM-8:45AM<br>(Strength)<br><i>Kate C.</i> |   |   |   |   |
| <b>Slow Flow Yoga</b><br>Studio A<br><a href="#">Sign Up</a>   |   |   |   | 5:15PM-6:15PM<br>(Mind Body)<br><i>Ashley J.</i>  |   |   |   |
| <b>The Groove</b><br>Studio A<br><a href="#">Sign Up</a>       |   |   |   |   |   | 10:00AM-10:45AM<br>(Dance)<br><i>Judy O.</i>  |   |

|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday  | Sunday |
|--|--------|---------|-----------|----------|--------|---|--------|
| Tai Chi<br>Studio A<br><a href="#">Sign Up</a> |        |         |           |          |        | 2:00PM-3:00PM<br>(Mind Body)<br><i>Alejandro S.</i> |        |