

YMCA of WNC Virtual Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00a				Vinyasa Yoga - Tanya	
9:00 AM	Total Body - Jessica M	Gentle Yoga - Mario Zoom	Total Body - Eva		Athletic Conditioning - Eva
10:00 AM	Gentle Yoga- Lindsay			Kickboxing - Jessica M	Zumba - Zoom - Natalie G
11:00a.m.	Flex & Stretch - Kelly H	Pilates - Eva	Low Impact Fitness - Emily Paris	Pilates - Eva	Flex and Stretch - Natalie G
		Barre - Natalie G			
5:00 PM					
6:00 PM		Zumba - Zoom - Kathy B		Zumba - Zoom - Kathy B	

Need a class at a different time? Check out our online library at:

Ymcawnc.org/vitual-y