



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Woodfin YMCA May 3 <sup>rd</sup> –May 9 <sup>th</sup>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>Cycle</b> 8:00–8:45 am Jessica Outside Street	<b>Vinyasa Yoga</b> ∞ 8:00–9:00 am Tanya Virtual Y			<b>CLOSED</b>
<b>Strength Fusion</b> 9:00–9:45am Blake Outside	<b>Boxing Fusion</b> 9:00–9:45 am Blake Outside Street	<b>Strength Fusion</b> 9:00–9:45am Blake outside street	<b>Boxing Fusion</b> 9:00–9:45 am Blake Outside Street	<b>Strength Fusion</b> 9:00–9:45am Jessica Outside Pavers	<b>TRX</b> 9:00 –9:45 am April Inside Studio B	
<b>Total Body Training</b> ∞ 9:00–9:45 am Jessica Virtual Y	<b>Virtual gentle Yoga</b> ∞ 9:00–10:00 am Maro Virtual Y	<b>Country Heat</b> ∞ 10:00–10:45 am Blake outside Street	<b>Zumba Gold</b> 9:00–9:45 am Nancy Inside Studio B		<b>Cycle</b> 9:00–10:00 am Copland Outside Street	
<b>Country Heat</b> ∞ 10:00–10:45 am Blake outside Street		<b>Gentle Yoga</b> ∞ 10:00–11:00 am Tanya Inside Studio B	<b>Virtual Kickboxing</b> 10:00–10:45 am Jessica Virtual Y	<b>Country Heat</b> ∞ 10:00–10:45 am Blake Outside Street		
<b>Vinyasa Yoga</b> ∞ 10:00–11:00 am Tanya Outside	<b>TRX</b> 11:15–12:00 pm Jessica Inside Studio B	<b>Barre</b> ∞ 11:15–12:00 pm Gennie Inside Studio B	<b>TRX</b> 11:15–12:00 pm Jessica Inside Studio B	<b>Barre</b> ∞ 11:15–12:00 pm Gennie Inside Studio B		
<b>TRX</b> 12:15–1:00 pm Jessica Inside Studio B		<b>TRX</b> 12:15–1:00 pm Jessica Inside Studio B		<b>TRX</b> 12:15–1:00 pm Jessica Inside Studio B		
<b>Athletic Conditioning</b> 5:30–6:30 pm Copland Outside Street	<b>Zumba</b> ∞ 5:30–6:15 pm Erica Inside Studio B	<b>Cycle Fusion</b> 5:30–6:30 pm Copland Outside Street	<b>Zumba</b> ∞ 5:30–6:15 pm Erica Inside Studio B			

∞ Kids Class / Family Friendly

**Virtual YMCA** Please go to [www.ymcawnc.org/virtual-y](http://www.ymcawnc.org/virtual-y) to find these classes

**Outside Classes** Will be held outside of the Woodfin Y weather permitting- Please keep an eye on your email for any changes to class - members only sign up required through our app or [www.ymcawnc.org](http://www.ymcawnc.org)

**Inside Classes** These will be held in Studio B, these classes will be MASK REQUIRED classes. members only sign up required through our app or [www.ymcawnc.org](http://www.ymcawnc.org)

