



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Woodfin YMCA November 23 rd -29 th						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength Fusion 9:00-9:45 am Blake Outside Street	Boxing Fusion 9:00-9:45 am Blake Outside Street	Strength Fusion 9:00-9:45am Blake Outside Pavers	CLOSED For Thanksgiving Holiday	Strength Fusion 9:00-9:45 am Blake Outside Pavers	Cycle 9:00-10:00 am Copland Outside In front Ped office	CLOSED
Total Body Training 9:00-9:45 am Jessica Virtual/You Tube	Gentle Yoga 9:00-10:00 am Maro Virtual/zoom	Country Heat 10:00-10:45 am Blake Outside Street		Country Heat 10:00-10:45 am Blake Outside Street		
Vinyasa Yoga 10:00-11:00 am Tanya Outside Pavers	Cycle 10:00-10:45 am Jessica Outside Street	Vinyasa Yoga 10:00-11:00 am Tanya Outside Pavers		Cycle 11:00-12:00 pm Copland Outside Street		
	TRX 11:15-12:00 pm Jessica Inside Studio B					
Athletic Conditioning 5:30-6:30 pm Copland Outside Pavers		Athletic Conditioning 5:30-6:30 pm Copland Outside Street				

Virtual/ Zoom Classes & You tube live Register through the app or www.ymcawnc.org , zoom link or a you tube link will be sent out 30 minutes prior to class via email you used when you registered for the class

Outside Classes Will be held outside of the Woodfin Y weather permitting- Canceled outside classes will be held via zoom-link to be sent via email that you registered with at least 30 min prior to class members only sign up - required through our app or www.ymcawnc.org

Inside Classes These will be held in Studio B, these classes (unless otherwise noted) will be MASK REQUIRED classes. members only sign up required through our app or www.ymcawnc.org