

Monday				
Time	Class	Location	Instructor	
8:00 am	CSF	Group Ex Studio	Katherine	
9:00 am	Y fit (lower body)	Group Ex Studio	Dawn	
9:00 am	Water Fitness 	Pool-indoor	Rotating	
10:00 am	Water Fitness 	Pool	Mona	
10:05 am	Silver Sneakers Classic 	Group Ex Studio	Kathy	3/6 & 3/27- Genevieve D – Class is limited to 24 participants –chairs will be put out and cannot be moved once class begins
12:05 pm	Power Cut	Group Ex Studio	Tiffany	
1:00 pm	Line Dancing 	Group Ex Studio	Sharon	New class
4:30 pm	Pure Cardio	Group Ex Studio	Tracie/Stephanie	
5:05 pm	Les Mills - Body Pump™	Group Ex Studio	Tracie/Stephanie	
6:00 pm	Cycle	Cycle room	Ashley	
Tuesday				
5:15 am	TRX/EMOM	TRX room	Brooke	
6:00 am	TONE	Group Ex.	Kelly	
9:00 am	Barre-strength	Mind Body Studio	Stephanie	
9:00 am	Y fit (upper body)	Group Ex Studio	Dawn	
9:00 am	Pickleball	Gym-back courts	member -led	
9:00 am	Deep Water Fitness	Pool	Lisa	
10:00 am	Water Fitness 	Pool	rotating	
10:00 am	SS Circuit/Cardio 	Group Ex studio	Charis	Class is limited to 24 participants –chairs will be put out and cannot be moved once class begins
11:00am	Chair Yoga 	Group Ex Studio	Whitney	
12:00 pm	Pilates	Mind Body Studio	Whitney	
1:00 pm	Line Dancing 	Group Ex Studio	Sharon	
4:30 pm	Tabata	Group Ex Studio	Brooke	
5:30 pm	Yoga	Mind/Body Studio	Ellen	3/14-Whitney
6:00 pm	Zumba®	Group Ex Studio	Pam	
Wednesday				
5:15 am	Tone	Group Ex. Studio	Kelly	3/1-Video Led **New Time**
8:00 am	CSF	Group Ex Studio	Katherine	
9:00 am	Cycle	Cycle Room	Beth	
9:00 am	Water Fitness 	Pool	Rotating	
10:05 am	Silver Sneakers Classic 	Group Ex Studio	Charis	3/22- Stephanie - Class is limited to 24 participants –chairs will be put out and cannot be moved once class begins
10:00 am	Water Fitness 	Pool	Mona	
4:30 pm	TRX	TRX room	Brooke	
5:15 pm	Shred	Group Ex Studio	Brooke	
5:30 pm	Aqua Zumba 	Pool	Pam	
5:30 pm	Yoga	Mind/Body Studio	Ellen	3/15-Canceled
Thursday				
5:15 am	HIIT and Sculpt	Group Ex Studio	Brooke	
9:00 am	Cardio & Core	Group Ex Studio	Dawn	
9:00 am	Deep Water Fitness	Pool	Lisa	
9:00 am	Pickleball	Gym-back courts	member-led	
10:15 am	Walking Club	Gym	group led	
10:30 am	Gentle Yoga	Mind Body Studio	Gail	
10:00am	Water Fitness 	Pool-indoor	Mona	

12:00pm	Restorative Yoga	Mind/Body Studio	Gail	
4:30 pm	Cardio HIIT	GroupEx Studio	Stephanie	3/16-Brooke
5:05 pm	Les Mills - Body Pump™	Group Ex Studio	Stephanie	3/16-Brooke
6:00 pm	Zumba Toning®	Group Ex Studio	Pam	
Friday				
6:00 am	HIIT Boot Camp	Group Ex Studio	Madison	
8:00 am	CSF	Group Ex Studio	Katherine	
9:00 am	BARRE-cardio	Mind Body Studio	Stephanie	
9:00 am	Metabolic Effect	Group Ex Studio	Dawn	
9:00 am	Deep Water Fitness	Pool	Lisa	
9:00 am	Pickleball	Gym-back court	member-led	
10:00 am	Senior Fit 	Group Ex Studio	Beth	
10:00 am	Water Fitness 	Pool	Mona	
Saturday				
9:00 am	Saturday Sizzler	Group Ex Studio or Cycle Studio	Rotates	3/4-9:00 Yoga (Mind/Body) Cardio (Group Ex.) & 9:40 Body Pump; 3/11 -Spin/Ashley & Yoga/Pilates; 3/18 -9:00 Athletic Grit & 9:40 Yoga; 3/24 -Spin/Ashley & Zumba/Pam
10:00 am	Water Aerobics 	Pool	Rotates	
Sunday				
2:00 pm	Cardio/Strength/Core Combo	Group Ex Studio	Kelly	3/12-Whitney

NOW HIRING GROUP FITNESS INSTRUCTORS

CLASSES ADDED TO SCHEDULE FOR MARCH

- 1:00 pm Monday- Line Dancing
- 5:15 am Wednesday (moved from 6:00 am)

RULES

- Child Watch is open: Monday-Friday 8-1; Monday-Thursday 4-7; Saturday 9-11
- Classes open to J. Smith Young YMCA members aged 12+ (age 11 with a parent)
- Due to the safety of class participants, no entry into class if you are 5 minutes late
- Classes are subject to change due to demand, participation & instructor availability. For your safety, it is recommended that you consult your physician prior to starting any exercise program. All classes averaging less than five (5) participants per class are subject to change or cancellation.

SPECIALTY CLASSES

Walk with Ease is a fitness program shown to reduce pain and improve health. This class provides techniques to build and maintain a successful walking program. Next session runs March 6-April 14 – M/W/F 11am Book included \$5.00 – register at Welcome Center

Better Balance - New Session begins March 30 - class meets Thursdays 11-12pm - Build strength, improve balance and gain confidence in your mobility through Better Balance. This evidence-based instructor-led group program is designed to help improve your strength, balance, flexibility and mobility. \$10 – register at Welcome Center

Rock Steady Parkinson's Boxing Class – class meets M/Th at 1:30pm – contact Fred at 336-848-5212 to register

Active Older Adults Egg Decorating - April 5 11:30am-12:30pm- Join us for an hour of decorating and dying eggs for the Easter holiday. Everything needed to dye eggs and light refreshments provided. Register at Welcome Center.