

YWCA **SEPT** 2025 Group Ex Class Schedule

Hours of Operation: M-F 6:30am-8:00pm, Sat 7:00am-2:00pm, Sun closed

Amended Sept. 8, 2025	Time	Class	Instructor	Location
Monday	8:00 AM 45 min. 9:00 AM 1 hr 9:15 AM 45 min. 10:15 AM 45 min 10:15 AM 1 hr. 5:30 PM 45 min 6:30 PM 1 hr. 6:30 PM 1 hr.	Sit & Move Keep Movin' NEW CLASS! MARCH INTO FIT Sr. Strength Training Yoga Bells to Bands MixxedFit®	Jimmi Jimmi Emma Emma Alexes Emma Mickey Teresa	Studio A Studio A Studio B Studio A Studio B Studio A Studio A Studio A
Tuesday	8:00 AM 45 min 9:00 AM 45 min 10:00 AM 45 min 11:00 AM 45 min 5:30 PM 45 min 5:45 PM 1 hr. 6:30 PM 1 hr.	Get Your Sit On! Strong Stretch Balance Pom Poms Sr. Yoga Flex & Burn Body Pump (no class Sept 9) MixxedFit®	Brigitte Emma Emma Lynn Emma Marissa Dee Dee	Studio A Studio A Studio A Studio A Studio A Studio B Studio A
Wednesday	8:00 AM 45 min 9:00 AM 45 min 9:15 AM 45 min 10:00 AM 90 min 10:30 AM 1 hr. 5:30 PM 1 hr. 6:00 PM 1 hr.	Cardio Time Sr. Strength Training HIIT Chair Volleyball Yoga Travel HIIT Hip-Hop Step Aerobics	Teresa Emma Teresa Emma Alexes Emma Jamita	Studio A Studio A Studio B Studio A Studio B Studio A Studio B
Thursday	8:00 AM 45 min 9:00 AM 45 min 9:00 AM 1 hr. 10:00 AM 45 min 10:00 AM 45 min 5:30 PM 1hr. 5:30 PM 1 hr. 6:30 PM 1 hr.	Get Your Sit On! Floor to Standing Transitioning Tai Chi for Flexibility & Arthritis Weight Training 101 Sr. Yoga TRX NEW CLASS! Zumba (Sep 11,18,25) NEW CLASS! Yoga	Brigitte Emma James Liz Lynn Teresa Anna Alexes	Studio A Studio B Studio A Fitness Center Studio A Fitness Center Studio A Studio B
Friday	8:00 AM 45 min 9:00 AM 1 hr. 10:15 AM 1 hr. 10:15 AM 45 min	Sit & Move Keep Movin' Yoga Functional Fitness	Jimmi Jimmi Ryan Teresa	Studio A Studio A Studio B Studio A
Saturday	9:15 AM 90 min. 10:00 AM 45 min 10:45 AM 45 min	Chair Volleyball (TBA) HIIT (Sept 13, 27) TRX (Sept 6, 20)	Emma Emma Teresa	Studio A Studio A Fitness Center

1300 S. Main St. Winston Salem, NC 27127 336-354-1589 www.ywcaws.org

PLEASE SEE BACK OF SCHEDULE FOR OUR NEW EVENT CALENDAR!