

# YWCA April 2024 Group Ex Class Schedule

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

[www.ywcaws.org](http://www.ywcaws.org)

	Time	Class	Instructor	Location
<b>Monday</b>	8:30 AM 45 min	Access Agility	Teresa	Gym
	8:30 AM 30 min	Fall Transitioning	Emma	Studio A
	9:00 AM 1 hr	Keep Moving	Jimmi	Studio A
	9:30 AM 45 min.	<b>NEW!</b> Ball 101	Teresa	Studio B
	10:15 AM 45 min	Sr. Strength Training	Emma	Studio A
	11:15 AM 1 hr.	Yoga (No class Apr 15)	Kathy	Studio B
	11:15 AM 45 min	Walk This Way	Emma	Lobby
	5:30 PM 45 min	HIIT The Ground Running	Emma	Studio A/Stairs
	5:45 PM 45 min	Yoga	Tiffany	Studio B
6:30 PM 1 hr.	Mixed Fit (No class Apr 1)	Mickey	Studio A	
<b>Tuesday</b>	8:00 AM 45 min	<b>NEW!</b> Get Your Sit On!	Brigitte	Studio A
	9:00 AM 45 min	Strong Stretch Balance	Emma	Studio A
	10:00 AM 45 min	Pom Poms	Emma	Studio A
	11:00 AM 45 min	Sr. Yoga	Lynn	Studio A
	5:30 PM 45 min	Cardio & Core	Emma	Studio A
	5:45 PM 1 hr.	Body Pump® (April 16, 23, 30)	Marissa	MPR
	6:30 PM 1 hr.	MixedFit®	Dee Dee	Studio A
	7:00 PM 45 min.	anyBODY Yoga	Brigitte	Studio B
<b>Wednesday</b>	8:00 AM 45 min	Functional Fitness	Liz	Studio A
	9:00 AM 45 min	Sr. Strength Training	Emma	Studio A
	9:45 AM 45 min	<b>New Class!</b> Intro to Step	Teresa	Studio B
	10:00 AM 45 min	Walk This Way	Emma	Lobby
	11:15 Am 1 hr.	Yoga	Kathy	Studio B
	5:30 PM 45 min	Pom Poms	Emma	Studio A
	6:00 PM 1 hr.	Hip-Hop Step Aerobics	Jamita	Studio B
<b>Thursday</b>	8:00 AM 45 min	<b>NEW!</b> Get Your Sit On!	Brigitte	Studio A
	9:00 AM 1 hr.	Tai Chi for Flexibility and Arthritis	James	Studio A
	10:00 AM 45 min	Sr. Yoga	Lynn	Studio A
	5:30 PM 45 min	Full Body Blast	Emma	Studio A
	5:45 PM 45 min	<b>NEW!</b> TRX	Teresa	Fitness Center
	7:00 PM 45min	anyBODY Yoga	Brigitte	Studio B
<b>Friday</b>	8:00 AM 45 min	Silver Sneakers Classic	Constance	Studio A
	9:00 AM 1 hr	Keep Movin	Jimmi	Studio A
	10:15 AM 1 hr.	Yoga (no class April 5)	Ryan	Studio B
	10:15 AM 45 min	Functional Fitness	Teresa	Studio A
<b>Saturday</b>	9:15 AM 45 min	Hip Hop Step Aerobics	Jamita	Studio B
	10:15 AM 45 min	Hip Hip Hooray for Hip Bands	Teresa	Studio A
	11:00 AM 1 hr.	Yoga	Tiffany	Studio B

Join us for our **Intro to Step** class on Wednesdays at 9:45am!



**YWCA**  
**IS ON A**  
**MISSION**



**Yes! We have personal training!**  
Register online or fill out a request at our membership desk! Your first one is free.