

# YWCA July 2024 Group Ex Class Schedule

	Time	Class	Instructor	Location
<b>Monday</b>	8:30 AM 30 min	Fall Transitioning	Emma	Studio B
	9:00 AM 1 hr	Keep Movin'	Jimmi	Studio A
	9:15 AM 45 min.	Walk This Way	Emma	Meet in Lobby
	9:30 AM 45 min.	Ball and Bar 101	Teresa	Studio B
	10:15 AM 45 min	Sr. Strength Training	Emma	Studio A
	10:30 AM 1 hr.	Yoga (no class July 15)	Alexes	Studio B
	5:30 PM 45 min	Pom Poms	Emma	Studio A
	5:45 PM 45 min	Yoga	Tiffany	Studio B
	6:30 PM 1 hr.	Mixxed Fit	Mickey	Studio A
<b>Tuesday</b>	8:00 AM 45 min	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	NEW! Flex & Burn	Emma	Studio A
	5:45 PM 1 hr.	Body Pump® (no class July 16)	Marissa	MPR
	6:30 PM 1 hr.	MixxedFit® (no class July 16)	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
	9:15 AM 45 min	Walk This Way	Emma	Meet in Lobby
	9:00 AM 30 min	HIIT	Teresa	Studio A
	9:45 AM 30 min	Intro to Step	Teresa	Studio B
	10:15 AM 45 min	Sr. Strength Training	Emma	Studio A
	10:30 AM 1 hr.	Yoga (no class July 17)	Alexes	Studio B
	5:30 PM 1 hr.	NEW! HIIT It, Stretch It	Emma	Studio A
	6:00 PM 1 hr.	Hip-Hop Step Aerobics (no class July 24)	Jamita	Studio B
<b>Thursday</b>	8:00 AM 45 min	Get Your Sit On!	Brigitte	Studio A
	9:00 AM 1 hr.	Tai Chi for Flexibility & Arthritis	James	Studio A
	10:00 AM 45 min	Sr. Yoga	Lynn	Studio A
	5:30 PM 45 min	TRX	Teresa	Fitness Center
	6:30 PM 45 min	NEW! Weight Training	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 July 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 (July 6, 20)	Jamita	Studio B
	10:00 AM 45 min	Full Body Blast (July 6, 20)	Emma	Studio A
	10:30 AM 45 min	Hip Bands for Strength (July 13, 27)	Teresa	Studio A
	11:00 AM 1 hr.	Yoga	Tiffany	Studio B

1300 S. Main St. Winston Salem, 27127 336-354-1589 [www.ywcaws.org](http://www.ywcaws.org)



**We close at 2:00 pm on July 4<sup>th</sup>. Happy 4<sup>th</sup>!!!!**