

YWCA *August* 2024 Group Ex Class Schedule

	Time	Class	Instructor	Location
Monday	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 the lobby
	9:30 AM 45 min	Ball and Bar 101 (no class Aug 26)	Teresa	Studio B
	10:15 AM 45 min	Sr. Strength Training	Emma	Studio A
	10:30 AM 1 hr.	Yoga	Alexes	Studio B
	12:00 PM 1 hr.	NEW! Body Pump (Aug 12, 19, 26)	Marissa	Studio B
	5:30 PM 45 min	Pom Poms	Emma	Studio A
	5:45 PM 45 min	Yoga (no class Aug 5)	Tiffany	Studio B
	6:30 PM 1 hr.	Mixed Fit	Mickey	Studio A
Tuesday	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
	10:00 AM 45 min	NEW! anyBODY Yoga	Alexes	Studio B
	11:00 AM 45 min	Sr. Yoga	Lynn	Studio A
	5:30 PM 45 min	Flex & Burn	Emma	Studio A
	5:45 PM 1 hr.	Body Pump® (Aug 13, 27)	Marissa	Studio B
	6:30 PM 1 hr.	MixedFit®	Dee Dee	Studio A
Wednesday	8:00 AM 45 min	Functional Fitness	Liz	Studio A
	9:00 AM 45 min	Sr. Strength Training	Emma	Studio A
	9:00 AM 30 min	HIIT	Teresa	Studio B
	9:45 AM 30 min	Intro to Step	Teresa	Studio B
	10:00 AM 45 min	Walk This Way	Emma	Meet in the lobby
	10:30 AM 1 hr.	Yoga	Alexes	Studio B
	5:30 PM 1 hr.	HIIT It, Stretch It	Emma	Studio A
	6:00 PM 1 hr.	Hip-Hop Step Aerobics	Jamita	Studio B
Thursday	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 (no class Aug 22)	Teresa	Fitness Center
	6:30 PM 45 min	Weight Training (no class Aug 22)	Teresa	Fitness Center
Friday	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	Ryan	Studio B
	10:15 AM 45 min	Functional Fitness	Teresa	Studio A
Saturday	9:15 AM 45 min	Hip Hop Step Aerobics (Aug 3, 17)	Jamita	Studio B
	10:00 AM 45 min	Full Body Blast (Aug 3, 17)	Emma	Studio A
	10:30 AM 45 min	Hip Bands for Strength (Aug 10)	Teresa	Studio A
	11:00 AM 1 hr.	Yoga (no class Aug 3)	Tiffany	Studio B

**Aug. 21 is Senior Citizens Day! Join us in the MPR from 9:00am-11:30 am
for a celebration!!!!**

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



**YWCA
IS ON A
MISSION**



