

YWCA **JAN** 2025 Group Ex Class Schedule

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

	Time	Class	Instructor	Location
Monday	9:00 AM 1 hr 9:15 AM 45 min. 10:15 AM 45 min 10:15 AM 1 hr. 12:00 PM 1 hr. 5:30 PM 45 min	Keep Movin' Walk This Way Sr. Strength Training Yoga Body Pump (Jan 6, 13, 27) (NEW) Bells to Bands	Jimmi Emma Emma Alexes Marissa Emma	Studio A Meet in the lobby Studio A Studio B Studio B 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 (Jan 7, 14, 21, 28) MixedFit®	Brigitte Emma Emma Lynn Emma Marissa Dee Dee	Studio A Studio A Studio A Studio A Studio A Studio B Studio A
Wednesday	9:00 AM 45 min 9:30 AM 45 min 10:15 AM 1 hr. 10:30 AM 1 hr. 5:30 PM 1 hr. 6:00 PM 1 hr.	Sr. Strength Training HIIT Chair Volleyball Yoga Pom Poms Hip-Hop Step Aerobics	Emma Teresa Emma Alexes Emma Jamita	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 4:30 PM 45 min 5:30 PM 45 min 5:30 PM 1 hr.	Get Your Sit On! Floor to Standing Transitioning Tai Chi for Flexibility & Arthritis Sr. Yoga Weight Training TRX & Med Ball NEW! Cardio Extreme Strength & Balance	Brigitte Emma James Lynn Teresa Teresa Emma	Studio A Studio B Studio A Studio A Fitness Center Fitness Center Studio A
Friday	8:00 AM 45 min 9:00 AM 1 hr 10:15 AM 1 hr. 10:15 AM 45 min	Silver Sneakers Classic Keep Movin' Yoga (no class Jan 17) Functional Fitness	Constance Jimmi Ryan Teresa	Studio A Studio A Studio B Studio A
Saturday	10:00 AM 45 min 11:00 AM 45 min	Full Body Blast (Jan 11, 25) Zumba	Emma Taylor	Studio A Studio A

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

New Years' Eve: open from 6:30am-2:00pm

New Years' Day: open from 8:00am-5:00pm

**YWCA
IS ON A
MISSION**

Happy New Year!