

# YWCA **APRIL** 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
<b>Monday</b>	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.	Sit & Move Keep Movin' Walk This Way Sr. Strength Training Yoga Bells to Bands MixedFit®	Jimmi Jimmi Emma Emma Alexes Emma Mickey	Studio A Studio A Meet in the lobby Studio A Studio B Studio A Studio A
<b>Tuesday</b>	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 6:30 PM 1 hr.	Get Your Sit On! Strong Stretch Balance Pom Poms (no class Apr 22) Sr. Yoga Flex & Burn MixedFit®	Brigitte Emma Emma Lynn Emma Dee Dee	Studio A Studio A Studio A Studio A Studio A Studio A
<b>Wednesday</b>	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.	Sit & Move 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
<b>Thursday</b>	8:00 AM 45 min 9:00 AM 45 min 9:00 AM 1 hr. 10:00 AM 45 min 5:30 PM 1hr.	Get Your Sit On! (no class Apr 3) Floor to Standing Transitioning Tai Chi for Flexibility & Arthritis Sr. Yoga Weight Training 2.0	Brigitte Emma James Lynn Teresa	Studio A Studio B Studio A Studio A Fitness Center
<b>Friday</b>	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 Functional Fitness	Constance Jimmi Ryan Teresa	Studio A Studio A Studio B Studio A
<b>Saturday</b>	10:00 AM 45 min 10:45 AM 45 min 11:00 AM 45 min	Full Body Blast (Apr 12, 26) Weight Training 2.0 (Apr 5, 19) Zumba	Emma Teresa Taylor	Studio A Studio B Studio A

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

