

YWCA **NOV** 2025 Group Ex Class Schedule **#1**

PLEASE SEE BACK OF SCHEDULE FOR NOV 17-30

	Time	Class	Instructor	Location
Nov. 1-16 note class location changes (AMENDED 10/30/25)				
Monday	8:00 AM 45 min. 9:00 AM 1 hr 9:15 AM 45 min. 10:15 AM 45 min 10:30 AM 1 hr. 5:30 PM 45 min 6:30 PM 1 hr.	Sit & Move Keep Movin March Into Fit Sr. Strength Training Yoga Bells to Bands MixxedFit®	Jimmi Jimmi Emma Emma Alexes Emma Mickey	MPR Gym Court #1 MPR Gym Court #1 MPR Orange room Gym Court #1
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 (Nov 18, 25) MixxedFit®	Brigitte Emma Emma Lynn Emma Marissa Dee Dee	MPR CANCELED MPR MPR MPR Studio B MPR
Wednesday	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.	Cardio Time Sr. Strength Training HIIT Chair Volleyball Yoga Travel HIIT Hip-Hop Step (Nov 19,26)	Teresa Emma Teresa Emma Alexes Emma Jamita	MPR Gym Court #1 MPR Gym Court #1 MPR Track Studio B
Thursday	8:00 AM 45 min 9:00 AM 45 min 9:00 AM 1 hr. 10:00 AM 45 min 10:00 AM 45 min 5:30 PM 1hr. 5:30 PM 45 min. 6:30 PM 1 hr.	Get Your Sit On! Floor to Standing Transitioning Tai Chi for Flexibility & Arthritis Weight Training 101 Sr. Yoga TRX Zumba (Nov 13) Yoga	Brigitte Emma James Liz Lynn Teresa Anna Alexes	MPR MPR Orange Room Fitness Center MPR Fitness Center Orange Room Orange Room
Friday	8:00 AM 45 min 9:00 AM 1 hr. 10:15 AM 1 hr. 10:15 AM 45 min	Sit & Move Keep Movin' Yoga Functional Fitness	Jimmi Jimmi Ryan Teresa	MPR Gym Court #1 MPR Fitness Center
Saturday	9:15 AM 90 min. 10:00 AM 45 min 10:45 AM 45 min	Chair Volleyball (Nov 22) HIIT (Nov 29) Weight Training (Nov 15, 22, 29)	Emma Emma Teresa	Studio A Studio A Fitness Center

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

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