



HEALTH & FITNESS

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eliminating racism
empowering women
ywca

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	Time	Class	Instructor	Location
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 11:15 AM 90 min	Sit & Move Keep Movin March Into Fit Sr. Strength Training Yoga Chair Volleyball	Jimmi Jimmi Emma Emma Alexes Emma	Studio A Studio A Studio B Studio A 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	Get Your Sit On! Strong Stretch Balance Pom Poms Sr. Yoga	Brigitte Emma Emma Lynn	Studio A Studio A Studio A Studio A
Wednesday	8:00 AM 45 min 9:00 AM 45 min 10:00 AM 90 min 10:30 AM 1 hr	Cardio Time Sr. Strength Training Chair Volleyball Yoga	Teresa Emma Emma Alexes	Studio A Studio A Studio A Studio B
Thursday	8:00 AM 45 min 9:00 AM 45 min 10:00 AM 45 min 10:00 AM 45 min 11 AM 1 hr	Get Your Sit On! Floor to Standing Transitioning Weight Training 101 Sr. Yoga Yoga for Mobility & Joint Health	Brigitte Emma Liz Lynn Alexes	Studio A Studio A Fitness Center Studio A Studio B
Friday	8:00 AM 45 min 9:00 AM 1 hr. 10:15 AM 1 hr.	Sit & Move Keep Movin' Yoga	Jimmi Jimmi Ryan	Studio A Studio A Studio B
Saturday	10:00 AM 45 min.	HIIT (January 10 th & 17 th)	Emma	Studio A

YWCA *January* 2026 Group Ex Class Schedule

Hours of Operation: M-F 7:00am-3:00pm, Sat 7:00am-2:00pm, Sun closed

1300 S. Main St. Winston Salem, NC 27127

336-354-1589 www.ywcaws.org