YWCA Nov 2026 Group Ex Class Schedule

Hours of Operation: M-F 7:00am-3:00pm / Sat 7:00am-12:00pm / Sun closed

YWCA will be closed on November 26th for Thanksgiving

	Time	Class	Instructor	Location
Monday	8:00 AM 45 min 9:00 AM 45 min 10:00 AM 45 min 10:30 AM 1 hr. 11:15 AM 90 min	Sit & Move March Into Fit Sr. Strength Training Yoga *(no class 11/9)* Chair Volleyball	Jimmi Emma Emma Alexes Emma	Auditorium Auditorium Auditorium Class Room Auditorium
Tuesday	8:00 AM 45 min 9:00 AM 90 min 11:00 AM 45 min	Get Your Sit On! Strong Stretch Balance Sr. Yoga	Brigitte Emma Lynn	Class Room Auditorium Class Room
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	Auditorium Auditorium Auditorium Class Room
Thursday	8:00 AM 45 min 9:00 AM 45 min 10:00 AM 45 min 10:00 AM 1hr. 11:00 AM 45 min	Get Your Sit On! Floor to Standing Transitioning Weight Training 101 Yoga for Mobility & Joint Health Sr. Yoga	Brigitte Emma Liz Alexes Lynn	Class Room Auditorium Auditorium Class Room Class Room
Friday	8:00 AM 45 min 9:00 AM 1 hr. 10:15 AM 1 hr.	Sit & Move Keep Movin' Yoga	Jimmi Jimmi Ryan	Auditorium Auditorium Auditorium
Saturday	10:00 AM 45 in. 10:00 AM 90 min	HIIT Class (11/7 & 11/14) Chair Volleyball (11/21 & 11/28)	Emma Emma	Auditorium Auditorium

1031 Highland Ave Winston Salem, NC 27127

Got questions?

- **Call 336-354-1589**
- **Website www.ywcaws.org**
- **Email info@ywcaws.org**

YWCA IS ON A MISSION

YWCA WINSTON-SALEM FITNESS SCHEDULE