

YWCA **Oct** 2026 Group Ex Class Schedule

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

**Please note changes for schedule change on Mondays*

	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 Chair Volleyball	Jimmi Emma Emma Alexes Emma	Auditorium Auditorium Auditorium Class Room Auditorium
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	Class Room Auditorium 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 (10 th & 17 th) Chair Volleyball (24 th & 31 st)	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

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MISSION

