



## Ferguson Family YMCA | August 18th - August 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Westridge CrossFit</b> Westridge CrossFit <a href="#">Sign Up</a>		5:00AM-6:00AM (Combination) <i>Mandy M.</i>  6:00AM-7:00AM (Combination) <i>Mandy M.</i>  7:00AM-8:00AM (Combination) <i>Mandy M.</i>  9:00AM-10:00AM (Combination) <i>Mandy M.</i>  6:00PM-7:00PM (Combination) <i>Elizabeth H.</i>	6:00AM-7:00AM (Combination) <i>Kevin H.</i>  7:00AM-8:00AM (Combination) <i>Kevin H.</i>  9:00AM-10:00AM (Combination) <i>Mandy M.</i>  6:00PM-7:00PM (Combination) <i>Elizabeth H.</i>	5:00AM-6:00AM (Combination) <i>Kevin H.</i>  6:00AM-7:00AM (Combination) <i>Kevin H.</i>  7:00AM-8:00AM (Combination) <i>Kevin H.</i>  9:00AM-10:00AM (Combination) <i>Kevin H.</i>  6:00PM-7:00PM (Combination) <i>Kevin H.</i>	6:00AM-7:00AM (Combination) <i>Kevin H.</i>  7:00AM-8:00AM (Combination) <i>Kevin H.</i>  9:00AM-10:00AM (Combination) <i>Kevin H.</i>  5:00PM-6:00PM (Combination) <i>Elizabeth H.</i>	9:00AM-10:00AM (Combination) <i>Elizabeth H.</i>	
<b>Cycle</b> Cycle Studio <a href="#">Sign Up</a>		6:00AM-7:00AM (Cardio) <i>Steve B.</i>  9:00AM-10:00AM (Cardio) <i>Steve B.</i>  5:30PM-6:30PM (Cardio) <i>Elizabeth B.</i>	9:00AM-10:00AM (Cardio) <i>Steve B.</i>	6:00AM-7:00AM (Cardio) <i>Steve B.</i>  9:00AM-10:00AM (General) <i>Steve B.</i>  5:30PM-6:30PM (Cardio) <i>Suzanne I.</i>	9:00AM-10:00AM (Cardio) <i>Bekah H.</i>	8:15AM-9:15AM (Cardio) <i>Christina W.</i>	
<b>BODYPUMP</b> Fitness Studio <a href="#">Sign Up</a>		6:00AM-6:55AM (Combination) <i>Elizabeth B.</i>  5:30PM-6:15PM (Strength) <i>Karen J.</i>	8:15AM-9:00AM (Strength) <i>Corey J.</i>	6:00AM-6:55AM (Strength) <i>Elizabeth B.</i>  5:30PM-6:30PM (Strength) <i>Illysa H.</i>		9:15AM-10:00AM (Strength) <i>Elizabeth B.</i>	
<b>Barre</b> Fitness Studio <a href="#">Sign Up</a>		8:15AM-9:00AM (Barre) <i>Linda R.</i>		8:15AM-9:00AM (Barre) <i>Alexa W.</i>			
<b>BODYBALANCE</b> Fitness Studio <a href="#">Sign Up</a>		9:15AM-10:00AM (Mind Body) <i>Karen J.</i>	4:30PM-5:15PM (Mind Body) <i>Julie N.</i>	9:15AM-10:00AM (Mind Body) <i>Dawn S.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>INTRO to Yogalates</b> Multi-Purpose Room <a href="#">Sign Up</a>		9:30AM-10:15AM (Mind Body) <i>Gillian H.</i>					
<b>TRX</b> Westridge CrossFit <a href="#">Sign Up</a>		10:15AM-11:00AM (General) <i>Steve B.</i>	10:15AM-11:00AM (Strength) <i>Corey J.</i>	10:15AM-11:00AM (General) <i>Steve B.</i>	10:15AM-11:00AM (Strength) <i>Gillian H.</i>		
<b>Gentle Yoga</b> Fitness Studio <a href="#">Sign Up</a>		10:15AM-11:05AM (Mind Body) <i>Cynthia C.</i>	9:15AM-10:05AM (Mind Body) <i>Sascha F.</i>		9:15AM-10:05AM (Mind Body) <i>Sascha F.</i>		
<b>Rock Steady Boxing</b> Fitness Studio		11:15AM-12:45PM (Combination) <i>Erica B.</i>		11:15AM-12:45PM (Combination) <i>Erica B.</i>			
<b>Athletic Conditioning</b> Fitness Studio <a href="#">Sign Up</a>		4:30PM-5:15PM (Combination) <i>Amy A.</i>	6:00AM-6:45AM (Combination) <i>Steve B.</i>	4:30PM-5:15PM (Combination) <i>Amy A.</i>	6:00AM-6:45AM (Combination) <i>Kathleen C.</i>		
<b>Hip Hop Fitness</b> Fitness Studio <a href="#">Sign Up</a>		6:30PM-7:20PM (Dance) <i>Kim L.</i>				10:15AM-11:05AM (Dance) <i>Deana C.</i>	
<b>BODYCOMBAT</b> Multi-Purpose Room <a href="#">Sign Up</a>			9:15AM-10:00AM (Combination) <i>Dawn S.</i>				
<b>Zumba</b> Fitness Studio <a href="#">Sign Up</a>			10:15AM-11:05AM (Dance) <i>Miguel F.</i>		10:15AM-11:05AM (Dance) <i>Lena S.</i>		
<b>Tai Chi-Arthritis &amp; Balance</b> Multi-Purpose Room <a href="#">Sign Up</a>			10:30AM-11:30AM (Mind Body) <i>Merideth F.</i>		10:30AM-11:30AM (Mind Body) <i>Merideth F.</i>		
<b>Strong Start PAID PROGRAM</b> Fitness Studio			11:15AM-12:15PM (Strength) <i>Gillian H.</i>				
<b>Teen Strength &amp; Conditioning</b> Westridge CrossFit <a href="#">Sign Up</a>			12:00PM-12:45PM (Strength) <i>Jose S.</i>				
<b>Ferguson Fit</b> Fitness Studio			1:00PM-2:00PM (Combination) <i>Lynne F.</i>		1:00PM-2:00PM (Combination) <i>Lynne F.</i>		
<b>Step</b> Fitness Studio <a href="#">Sign Up</a>			5:30PM-6:15PM (Cardio) <i>Julie N.</i>				
<b>Vinyasa Yoga</b> Fitness Studio <a href="#">Sign Up</a>			6:30PM-7:30PM (Mind Body) <i>Cynthia C.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Slow Flow Yoga</b> Multi-Purpose Room <a href="#">Sign Up</a>				10:15AM-11:05AM (Mind Body) <i>Tom H.</i>			10:15AM-11:15AM (Mind Body) <i>Tom H.</i>
<b>Low Impact Fitness</b> Fitness Studio <a href="#">Sign Up</a>				10:15AM-11:05AM (Combination) <i>Lynne F.</i>			
<b>BODYCOMBAT</b> Fitness Studio <a href="#">Sign Up</a>					8:15AM-9:00AM (Combination) <i>Dawn S.</i>		
<b>Yogalates</b> Multi-Purpose Room <a href="#">Sign Up</a>					9:15AM-10:05AM (Mind Body) <i>Gillian H.</i>		
<b>Strong Start PAID PROGRAM</b> Multi-Purpose Room					11:15AM-12:15PM (Strength) <i>Gillian H.</i>		
<b>Strength Fusion</b> Fitness Studio <a href="#">Sign Up</a>							10:15AM-11:00AM (Combination) <i>Shelley N.</i>
<b>CANCELED: Westridge CrossFit</b> Westridge CrossFit <a href="#">Sign Up</a>							10:30AM-11:30AM (Combination) <i>Mandy M.</i>



## Corpening Memorial YMCA | August 18th - August 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Total Body Training</b> Studio B <a href="#">Sign Up</a>		5:30AM-6:15AM (General) <i>Cynthia P.</i>	9:00AM-9:45AM (General) <i>Jody L.</i>	5:30AM-6:15AM (General) <i>Cynthia P.</i>	9:00AM-9:45AM (Strength) <i>Jody L.</i>		
<b>Vinyasa Yoga</b> Studio A <a href="#">Sign Up</a>		9:00AM-10:00AM (Mind Body) <i>Miranda H.</i>		9:00AM-10:00AM (Mind Body) <i>Miranda H.</i>			
<b>Cycle</b> Cycle Studio <a href="#">Sign Up</a>		9:00AM-9:45AM (General) <i>Joyce B.</i>	5:30AM-6:15AM (General) <i>Joyce B.</i>	9:00AM-9:45AM (General) <i>Joyce B.</i>		9:00AM-9:45AM (Cardio) <i>Leslie H.</i>	
<b>CANCELED: Fluid Movement</b> Pool <a href="#">Sign Up</a>		9:30AM-10:30AM (Aquatics) <i>Jeanette J.</i>	9:30AM-10:30AM (Aquatics) <i>Louise G.</i>	9:30AM-10:30AM (Aquatics) <i>Jeanette J.</i>	9:30AM-10:30AM (Aquatics) <i>Louise G.</i>		
<b>Strength Fusion</b> Studio B <a href="#">Sign Up</a>		4:30PM-5:15PM (Strength) <i>Leslie H.</i>		4:30PM-5:15PM (General) <i>Leslie H.</i>			
<b>Cardio Dance</b> Studio B <a href="#">Sign Up</a>		6:15PM-7:00PM (Dance) <i>Alexandra J.</i>					
<b>Holy Yoga</b> Studio A <a href="#">Sign Up</a>			8:30AM-9:30AM (Mind Body) <i>Danielle B.</i>				
<b>Tai Chi</b> Studio B <a href="#">Sign Up</a>			10:00AM-11:00AM (Mind Body) <i>David M.</i>		10:00AM-11:00AM (Mind Body) <i>David M.</i>		
<b>Strength and Balance</b> Studio A <a href="#">Sign Up</a>			10:00AM-10:45AM (Strength) <i>Beth P.</i>		10:00AM-10:45AM (Strength) <i>Beth P.</i>		
<b>RPM</b> Cycle Studio <a href="#">Sign Up</a>			4:30PM-5:15PM (General) <i>Leslie H.</i>				
<b>CANCELED: Cardio Splash</b> Pool <a href="#">Sign Up</a>			4:30PM-5:30PM (Aquatics) <i>Cris W.</i>				
<b>Buti Yoga</b> Studio A <a href="#">Sign Up</a>			5:30PM-6:30PM (General) <i>Jordan L.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP</b> Studio B <a href="#">Sign Up</a>				10:00AM-10:45AM (Strength) <i>Mary S.</i>			
<b>Zumba</b> Studio B <a href="#">Sign Up</a>				6:00PM-6:45PM (General) <i>Tracy S.</i>			
<b>Pilates</b> Studio A <a href="#">Sign Up</a>							2:00PM-3:00PM (Mind Body) <i>Gergana A.</i>



## Hendersonville Family YMCA | August 18th - August 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP Express</b> Fitness Studio <a href="#">Sign Up</a>		5:45AM-6:30AM (Strength) <i>Emily D.</i>  11:00AM-11:45AM (Combination) <i>Mimi C.</i>	8:00AM-8:45AM (Combination) <i>Ann F.</i>	5:45AM-6:30AM (Strength) <i>Emily D.</i>  11:00AM-11:45AM (Combination) <i>Ann F.</i>			
<b>Core Conditioning</b> Gym/Outside <a href="#">Sign Up</a>		6:00AM-6:45AM (Combination) <i>Roxanna P.</i>		6:00AM-6:45AM (Combination) <i>Roxanna P.</i>			
<b>Rise and Shine</b> Fitness Studio <a href="#">Sign Up</a>		8:00AM-8:45AM (Combination) <i>Lee H.</i>		8:00AM-8:45AM (Combination) <i>Lee H.</i>			
<b>Athletic Conditioning</b> Gym/Outside <a href="#">Sign Up</a>		9:00AM-9:55AM (Combination) <i>Leo G.</i>		9:00AM-9:55AM (High Intensity Interval) <i>Leo G.</i>		9:00AM-9:55AM (Combination) <i>Mary A.</i>	
<b>Step</b> Fitness Studio <a href="#">Sign Up</a>		9:00AM-9:45AM (Cardio) <i>Kelly M.</i>		9:00AM-9:45AM (Cardio) <i>Kelly M.</i>			
<b>Cycle</b> Cycle Studio <a href="#">Sign Up</a>		9:00AM-9:45AM (Cardio) <i>Mary A.</i>	5:00PM-5:45PM (Cardio) <i>Claire N.</i>	9:00AM-9:45AM (Cardio) <i>Carrie H.</i>	9:00AM-9:45AM (Cardio) <i>Mary A.</i>	8:30AM-9:15AM (Cardio) <i>Claire N.</i>	
<b>Hydro Burn</b> Pool <a href="#">Sign Up</a>		9:10AM-10:00AM (Aquatics) <i>Doreen B.</i>  6:10PM-7:00PM (Aquatics) <i>Roxanna P.</i>		9:10AM-10:00AM (Aquatics) <i>Doreen B.</i>  6:10PM-7:00PM (Aquatics) <i>Roxanna P.</i>			1:10PM-2:00PM (Aquatics) <i>Roxanna P.</i>
<b>Barre</b> Fitness Studio <a href="#">Sign Up</a>		10:00AM-10:45AM (Barre) <i>Wendy S.</i>	11:15AM-12:00PM (Combination) <i>Wendy S.</i>	10:00AM-10:45AM (Barre) <i>Ann F.</i>			
<b>TRX</b> Gym <a href="#">Sign Up</a>		10:05AM-10:50AM (Combination) <i>Regina V.</i>	9:00AM-9:45AM (Strength) <i>Mary A.</i>  10:00AM-10:45AM (Combination) <i>Linda C.</i>	10:05AM-10:50AM (Combination) <i>Regina V.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aqua Power Fusion</b> Pool <a href="#">Sign Up</a>		10:10AM-11:00AM (Aquatics) <i>Melissa F.</i>					
<b>Yogalates</b> Gym <a href="#">Sign Up</a>		11:00AM-11:55AM (Combination) <i>Lee H.</i>		11:00AM-11:55AM (Combination) <i>Lee H.</i>			
<b>Tai Chi</b> Fitness Studio <a href="#">Sign Up</a>		12:00PM-12:55PM (Mind Body) <i>Sharon M.</i>		12:00PM-12:55PM (Mind Body) <i>Sharon M.</i>			
<b>Low Impact Fitness</b> Gym <a href="#">Sign Up</a>		12:15PM-1:10PM (Combination) <i>Lee H.</i>	12:15PM-1:10PM (Combination) <i>Linda C.</i>	12:15PM-1:10PM (Combination) <i>Lee H.</i>			
<b>Slow Flow Yoga</b> Fitness Studio <a href="#">Sign Up</a>		1:00PM-2:00PM (Mind Body) <i>Regina V.</i>		1:00PM-2:00PM (Mind Body) <i>Regina V.</i>			3:00PM-4:00PM (Mind Body) <i>Meredith G.</i>
<b>Chair Yoga</b> Fitness Studio <a href="#">Sign Up</a>		2:15PM-3:15PM (Mind Body) <i>Regina V.</i>		2:15PM-3:15PM (Mind Body) <i>Regina V.</i>			
<b>Total Body Training</b> Fitness Studio <a href="#">Sign Up</a>		4:00PM-4:45PM (Strength) <i>Melissa F.</i>		4:00PM-4:45PM (Strength) <i>Melissa F.</i>			
<b>BODYCOMBAT</b> Fitness Studio <a href="#">Sign Up</a>		5:00PM-5:55PM (Cardio) <i>Ashley B.</i>	8:00AM-8:45AM (Cardio) <i>Allyson B.</i>	5:00PM-5:55PM (Cardio) <i>Ashley B.</i>	8:00AM-8:45AM (Cardio) <i>Allyson B.</i>	8:30AM-9:15AM (Cardio) <i>Ashley B.</i>	
<b>Zumba</b> Fitness Studio <a href="#">Sign Up</a>		6:00PM-6:55PM (Dance) <i>Helen W.</i>		6:00PM-6:55PM (Dance) <i>Jocelyn M.</i>		9:30AM-10:20AM (Dance) <i>Therese L.</i>	
<b>Pilates</b> Gym <a href="#">Sign Up</a>			8:00AM-8:45AM (Pilates) <i>Linda C.</i>		8:00AM-8:45AM (Mind Body) <i>Wendy S.</i>		
<b>Cardio Dance</b> Fitness Studio <a href="#">Sign Up</a>			9:00AM-9:45AM (Dance) <i>Helen W.</i>				
<b>Aqua Tabata</b> Pool <a href="#">Sign Up</a>			9:10AM-10:00AM (Aquatics) <i>Melissa F.</i>		9:10AM-10:00AM (Aquatics) <i>Wendy S.</i>		
<b>BODYPUMP</b> Fitness Studio <a href="#">Sign Up</a>			10:00AM-11:00AM (Combination) <i>Gena S.</i>  5:00PM-6:00PM (Combination) <i>Emily C.</i>		10:00AM-11:00AM (Combination) <i>Ann F.</i>		
<b>Cardio Splash</b> Pool <a href="#">Sign Up</a>			10:10AM-11:00AM (Aquatics) <i>Melissa F.</i>		10:10AM-11:00AM (Aquatics) <i>Wendy S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fluid Movement</b> Pool <a href="#">Sign Up</a>			11:10AM-12:00PM (Aquatics) <i>Melissa F.</i>		11:10AM-12:00PM (Aquatics) <i>Wendy S.</i>		
<b>Pickle Ball</b> Gym			1:15PM-3:15PM (General) <i>Staff</i>		1:15PM-3:15PM (General) <i>Staff</i>		
<b>Tai Chi Club - Advanced</b> Fitness Studio <a href="#">Sign Up</a>			1:15PM-2:15PM (Mind Body) <i>Sharon M.</i>		1:15PM-2:15PM (Mind Body) <i>Sharon M.</i>		
<b>Ageless Grace</b> Community Room <a href="#">Sign Up</a>			2:30PM-3:15PM (Combination) <i>Doreen B.</i>				
<b>Yin Yoga</b> Fitness Studio <a href="#">Sign Up</a>			6:30PM-7:30PM (Mind Body) <i>Bill A.</i>				
<b>TRX</b> Gym/Outside <a href="#">Sign Up</a>					9:00AM-9:45AM (Combination) <i>Ann F.</i>		
<b>NIA</b> Fitness Studio <a href="#">Sign Up</a>					9:00AM-9:45AM (Dance) <i>Denise M.</i>		
<b>TRX</b> Fitness Studio <a href="#">Sign Up</a>					10:00AM-10:45AM (Combination) <i>Ryan W.</i>		
<b>Gentle Yoga</b> Gym <a href="#">Sign Up</a>					11:00AM-11:55AM (Mind Body) <i>Ashley J.</i>		
<b>Low Impact Fitness</b> Gym/Outside <a href="#">Sign Up</a>					12:15PM-1:10PM (Mind Body) <i>Roxanna P.</i>		
<b>Pilates</b> Fitness Studio <a href="#">Sign Up</a>					12:15PM-1:00PM (General) <i>Linda C.</i>		
<b>Power Yoga</b> Fitness Studio <a href="#">Sign Up</a>					6:30PM-7:30PM (Mind Body) <i>Bill A.</i>		1:30PM-2:30PM (Mind Body) <i>Bill A.</i>
<b>BODYPUMP-Technique Clinic</b> Fitness Studio <a href="#">Sign Up</a>						9:30AM-11:00AM (Combination) <i>Gena S.</i>	
<b>Vinyasa Yoga</b> Fitness Studio <a href="#">Sign Up</a>						10:30AM-11:30AM (Mind Body) <i>Lindsay F.</i>	
<b>Yoga Sculpt</b> Fitness Studio <a href="#">Sign Up</a>							12:00PM-12:45PM (Combination) <i>Bill A.</i>







## Reuter Family YMCA | August 18th - August 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Athletic Conditioning</b> Functional Fitness Room <a href="#">Sign Up</a>		5:45AM-6:30AM (High Intensity Interval) <i>Emily S.</i>		5:45AM-6:30AM (General) <i>Emily S.</i>		8:00AM-9:00AM (High Intensity Interval) <i>Bronson C.</i>	
<b>PIYO Live</b> Studio A <a href="#">Sign Up</a>		8:15AM-9:15AM (General) <i>Gena S.</i>		8:15AM-9:15AM (General) <i>Gena S.</i>			
<b>BODYBALANCE</b> Mind Body Studio <a href="#">Sign Up</a>		8:15AM-9:15AM (Mind Body) <i>Emily P.</i>		8:15AM-9:15AM (Mind Body) <i>Emily P.</i>			
<b>Cycle</b> Cycle Studio <a href="#">Sign Up</a>		8:30AM-9:15AM (Cardio) <i>Jay G.</i>  5:30PM-6:15PM (General) <i>Jay G.</i>	5:45AM-6:30AM (Cardio) <i>Audra G.</i>	8:30AM-9:15AM (Cardio) <i>Jay G.</i>  5:30PM-6:15PM (Cardio) <i>Lauren K.</i>	5:45AM-6:30AM (Cardio) <i>Audra G.</i>  9:30AM-10:15AM (General) <i>Kelly H.</i>	9:00AM-9:45AM (General) <i>Jay G.</i>	
<b>Deep Water Burn BCS</b> Pool <a href="#">Sign Up</a>		9:00AM-9:50AM (Aquatics) <i>Joan M.</i>		9:00AM-9:50AM (Aquatics) <i>Melissa F.</i>			
<b>TRX</b> Functional Fitness Room <a href="#">Sign Up</a>		9:30AM-10:15AM (General) <i>Corey J.</i>	9:30AM-10:15AM (General) <i>Kelly H.</i>	9:30AM-10:15AM (General) <i>Corey J.</i>			
<b>Step</b> Studio A <a href="#">Sign Up</a>		9:30AM-10:20AM (General) <i>Julie R.</i>					
<b>Core Conditioning</b> Mind Body Studio <a href="#">Sign Up</a>		9:30AM-10:20AM (General) <i>Gena S.</i>					
<b>Barre</b> Studio A <a href="#">Sign Up</a>		10:30AM-11:20AM (General) <i>Corey J.</i>		10:30AM-11:20AM (General) <i>Corey J.</i>			
<b>Pilates</b> Mind Body Studio <a href="#">Sign Up</a>		10:35AM-11:25AM (General) <i>Dianne H.</i>		10:35AM-11:25AM (General) <i>Jay H.</i>			
<b>Chair Yoga</b> Mind Body Studio <a href="#">Sign Up</a>		11:40AM-12:40PM (Mind Body) <i>Jessica M.</i>	9:30AM-10:30AM (Mind Body) <i>Kathryn L.</i>	11:40AM-12:40PM (Mind Body) <i>Jessica M.</i>	9:30AM-10:30AM (Mind Body) <i>Kathryn L.</i>		
<b>BODYPUMP Express</b> Studio A <a href="#">Sign Up</a>		12:00PM-12:50PM (Strength) <i>Kat H.</i>		12:00PM-12:50PM (Strength) <i>Kat H.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>HIT</b> Functional Fitness Room <a href="#">Sign Up</a>		12:15PM-1:00PM (High Intensity Interval) <i>Carolina P.</i>		12:15PM-1:00PM (High Intensity Interval) <i>Carolina P.</i>			
<b>Restorative Yoga</b> Mind Body Studio <a href="#">Sign Up</a>		2:30PM-3:45PM (Mind Body) <i>Kathryn L.</i>		2:30PM-3:45PM (Mind Body) <i>Kathryn L.</i>			2:30PM-3:45PM (Mind Body) <i>Kathryn L.</i>
<b>Total Body Strength</b> Studio A <a href="#">Sign Up</a>		5:30PM-6:15PM (Strength) <i>Taylor D.</i>		5:30PM-6:15PM (Strength) <i>Taylor D.</i>			
<b>Zumba</b> Mind Body Studio <a href="#">Sign Up</a>		6:05PM-6:55PM (Dance) <i>Curtis P.</i>		6:05PM-6:55PM (Dance) <i>Kathy B.</i>			
<b>Vinyasa Yoga</b> Mind Body Studio <a href="#">Sign Up</a>			8:15AM-9:15AM (Mind Body) <i>Jessica M.</i>  6:35PM-7:35PM (General) <i>Becca S.</i>		8:15AM-9:15AM (General) <i>Becca S.</i>		
<b>BODYPUMP</b> Studio A <a href="#">Sign Up</a>			8:15AM-9:15AM (General) <i>Emily P.</i>  5:30PM-6:30PM (General) <i>Katie K.</i>		8:15AM-9:15AM (General) <i>Gena S.</i>	8:00AM-9:00AM (Strength) <i>Juliana F.</i>	2:00PM-3:00PM (General) <i>Illysa H.</i>
<b>Zumba</b> Studio A <a href="#">Sign Up</a>			9:30AM-10:20AM (Dance) <i>Jocelyn M.</i>		10:30AM-11:20AM (Dance) <i>Jocelyn M.</i>	10:30AM-11:20AM (Dance) <i>Rico S.</i>	
<b>Cycle Fusion</b> Cycle Studio <a href="#">Sign Up</a>			9:30AM-10:15AM (General) <i>Janine I.</i>				
<b>Flex and Stretch</b> Mind Body Studio <a href="#">Sign Up</a>			10:45AM-11:45AM (Mind Body) <i>Petra S.</i>		11:00AM-11:50AM (General) <i>Petra S.</i>		
<b>Low Impact Fitness</b> Studio A <a href="#">Sign Up</a>			11:00AM-11:50AM (General) <i>Emily P.</i>				
<b>Paid Program</b> Functional Fitness Room			12:00PM-1:00PM (High Intensity Interval) <i>Kat H.</i>				
<b>Athletic Conditioning</b> Studio A <a href="#">Sign Up</a>			12:00PM-12:45PM (High Intensity Interval) <i>Emily P.</i>				
<b>Tai Chi-Arthritis &amp; Balance</b> Mind Body Studio <a href="#">Sign Up</a>			12:30PM-1:30PM (Mind Body) <i>Merideth F.</i>		12:30PM-1:30PM (Mind Body) <i>Merideth F.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Low Impact Conditioning</b> Studio A <a href="#">Sign Up</a>			1:00PM-1:50PM (Combination) <i>Caryl C.</i>				
<b>Tai Chi -Advanced</b> Mind Body Studio <a href="#">Sign Up</a>			1:45PM-2:45PM (Mind Body) <i>Merideth F.</i>				
<b>Hip Hop Fitness</b> Mind Body Studio <a href="#">Sign Up</a>			5:30PM-6:20PM (General) <i>Shellie W.</i>				
<b>Athletic Conditioning</b> Studio O <a href="#">Sign Up</a>			6:00PM-6:45PM (High Intensity Interval) <i>Tony R.</i>				
<b>Deep Water Fit BCS</b> Pool <a href="#">Sign Up</a>				8:00AM-8:45AM (Aquatics) <i>Melissa F.</i>			
<b>Core Conditioning</b> Studio A <a href="#">Sign Up</a>				9:30AM-10:20AM (General) <i>Gena S.</i>			
<b>CANCELED: Pilates Fundamentals</b> Mind Body Studio <a href="#">Sign Up</a>				9:30AM-10:20AM (Mind Body) <i>Dianne H.</i>			
<b>Kids Yoga 4-8 yrs</b> Mind Body Studio <a href="#">Sign Up</a>				4:15PM-5:00PM (Mind Body) <i>Kathryn L.</i>			
<b>Trail Walking Biltmore Park</b> Gym/Outside <a href="#">Sign Up</a>					7:00AM-7:45AM (Outside) <i>Staff</i>		
<b>Step &amp; Pump</b> Studio A <a href="#">Sign Up</a>					9:30AM-10:20AM (General) <i>Julie R.</i>		
<b>TRX Tabata</b> Functional Fitness Room <a href="#">Sign Up</a>					9:30AM-10:15AM (Combination) <i>Caryl C.</i>		
<b>Hip Hop Fitness</b> Studio A <a href="#">Sign Up</a>						9:15AM-10:15AM (Dance) <i>Shellie W.</i>	1:00PM-1:50PM (General) <i>Illysa H.</i>
<b>Power Yoga</b> Mind Body Studio <a href="#">Sign Up</a>						9:30AM-10:30AM (Mind Body) <i>Bill A.</i>	
<b>Yoga in the Park</b> Lobby						10:00AM-11:00AM (Mind Body) <i>Tom H.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tai Chi for Joint Health Mind Body Studio <a href="#">Sign Up</a>							1:00PM-2:00PM (Mind Body) <i>Alejandro S.</i>



**Asheville YMCA | August 18th - August 24th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Racquetball</b> Short Door Court <a href="#">Sign Up</a>		6:00AM-6:50AM (General) <i>Staff</i>	6:00AM-6:50AM (General) <i>Staff</i>	7:00AM-7:50AM (General) <i>Staff</i>	7:00AM-7:50AM (General) <i>Staff</i>	8:00AM-8:50AM (General) <i>Staff</i>	11:10AM-12:00PM (General) <i>Staff</i>
		7:00AM-7:50AM (General) <i>Staff</i>	7:00AM-7:50AM (General) <i>Staff</i>	8:00AM-8:50AM (General) <i>Staff</i>	8:00AM-8:50AM (General) <i>Staff</i>	9:00AM-9:50AM (General) <i>Staff</i>	12:10PM-1:00PM (General) <i>Staff</i>
		8:00AM-8:50AM (General) <i>Staff</i>	8:00AM-8:50AM (General) <i>Staff</i>	9:00AM-9:50AM (General) <i>Staff</i>	9:00AM-9:50AM (General) <i>Staff</i>	10:00AM-10:50AM (General) <i>Staff</i>	1:10PM-2:00PM (General) <i>Staff</i>
		9:00AM-9:50AM (General) <i>Staff</i>	9:00AM-9:50AM (General) <i>Staff</i>	10:00AM-10:50AM (General) <i>Staff</i>	10:00AM-10:50AM (General) <i>Staff</i>	11:00AM-11:50AM (General) <i>Staff</i>	2:10PM-3:00PM (General) <i>Staff</i>
		10:00AM-10:50AM (General) <i>Staff</i>	10:00AM-10:50AM (General) <i>Staff</i>	11:00AM-11:50AM (General) <i>Staff</i>	11:00AM-11:50AM (General) <i>Staff</i>	12:00PM-12:50PM (General) <i>Staff</i>	3:10PM-4:00PM (General) <i>Staff</i>
		11:00AM-11:50AM (General) <i>Staff</i>	11:00AM-11:50AM (General) <i>Staff</i>	12:00PM-12:50PM (General) <i>Staff</i>	12:00PM-12:50PM (General) <i>Staff</i>	1:00PM-1:50PM (General) <i>Staff</i>	
		12:00PM-12:50PM (General) <i>Staff</i>	12:00PM-12:50PM (General) <i>Staff</i>	1:00PM-1:50PM (General) <i>Staff</i>	1:00PM-1:50PM (General) <i>Staff</i>	2:00PM-2:50PM (General) <i>Staff</i>	
		1:00PM-1:50PM (General) <i>Staff</i>	1:00PM-1:50PM (General) <i>Staff</i>	2:00PM-2:50PM (General) <i>Staff</i>	2:00PM-2:50PM (General) <i>Staff</i>	3:00PM-3:50PM (General) <i>Staff</i>	
		2:00PM-2:50PM (General) <i>Staff</i>	2:00PM-2:50PM (General) <i>Staff</i>	3:00PM-3:50PM (General) <i>Staff</i>	3:00PM-3:50PM (General) <i>Staff</i>	4:00PM-4:50PM (General) <i>Staff</i>	
		3:00PM-3:50PM (General) <i>Staff</i>	4:00PM-4:50PM (General) <i>Staff</i>	4:00PM-4:50PM (General) <i>Staff</i>	4:00PM-4:50PM (General) <i>Staff</i>	5:00PM-5:50PM (General) <i>Staff</i>	
		4:00PM-4:50PM (General) <i>Staff</i>	5:00PM-5:50PM (General) <i>Staff</i>	5:00PM-5:50PM (General) <i>Staff</i>	5:00PM-5:50PM (General) <i>Staff</i>		
		5:00PM-5:50PM (General) <i>Staff</i>	6:00PM-6:50PM (General) <i>Staff</i>	6:00PM-6:50PM (General) <i>Staff</i>	6:00PM-6:50PM (General) <i>Staff</i>		
		6:00PM-6:50PM (General) <i>Staff</i>	7:00PM-7:50PM (General) <i>Staff</i>	7:00PM-7:50PM (General) <i>Staff</i>			
		7:00PM-7:50PM (General) <i>Staff</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> Cycle Studio <a href="#">Sign Up</a>		6:15AM-7:00AM (Cardio) <i>Julie W.</i>  5:45PM-6:30PM (Cardio) <i>Daniel B.</i>	9:00AM-9:45AM (Cardio) <i>Becky U.</i>  5:45PM-6:30PM (Cardio) <i>Gillian H.</i>	6:15AM-7:00AM (Cardio) <i>Julie W.</i>	9:00AM-9:45AM (Cardio) <i>Becky U.</i>	9:00AM-9:45AM (Cardio) <i>Aileen S.</i>	



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Racquetball</b> Tall Door Court <a href="#">Sign Up</a>		6:30AM-7:20AM (General) <i>Staff</i>	6:30AM-7:20AM (General) <i>Staff</i>	6:30AM-7:20AM (General) <i>Staff</i>	6:30AM-7:20AM (General) <i>Staff</i>	7:30AM-8:20AM (General) <i>Staff</i>	11:30AM-12:20PM (General) <i>Staff</i>
		7:30AM-8:20AM (General) <i>Staff</i>	7:30AM-8:20AM (General) <i>Staff</i>	7:30AM-8:20AM (General) <i>Staff</i>	7:30AM-8:20AM (General) <i>Staff</i>	8:30AM-9:20AM (General) <i>Staff</i>	12:30PM-1:20PM (General) <i>Staff</i>
		8:30AM-9:20AM (General) <i>Staff</i>	8:30AM-9:20AM (General) <i>Staff</i>	8:30AM-9:20AM (General) <i>Staff</i>	8:30AM-9:20AM (General) <i>Staff</i>	9:30AM-10:20AM (General) <i>Staff</i>	1:30PM-2:20PM (General) <i>Staff</i>
		9:30AM-10:20AM (General) <i>Staff</i>	9:30AM-10:20AM (General) <i>Staff</i>	9:30AM-10:20AM (General) <i>Staff</i>	9:30AM-10:20AM (General) <i>Staff</i>	10:30AM-11:20AM (General) <i>Staff</i>	2:30PM-3:20PM (General) <i>Staff</i>
		10:30AM-11:20AM (General) <i>Staff</i>	10:30AM-11:20AM (General) <i>Staff</i>	10:30AM-11:20AM (General) <i>Staff</i>	10:30AM-11:20AM (General) <i>Staff</i>	11:30AM-12:20PM (General) <i>Staff</i>	3:30PM-4:20PM (General) <i>Staff</i>
		11:30AM-12:20PM (General) <i>Staff</i>	11:30AM-12:20PM (General) <i>Staff</i>	11:30AM-12:20PM (General) <i>Staff</i>	11:30AM-12:20PM (General) <i>Staff</i>	12:30PM-1:20PM (General) <i>Staff</i>	
		12:30PM-1:20PM (General) <i>Staff</i>	12:30PM-1:20PM (General) <i>Staff</i>	12:30PM-1:20PM (General) <i>Staff</i>	12:30PM-1:20PM (General) <i>Staff</i>	1:30PM-2:20PM (General) <i>Staff</i>	
		1:30PM-2:20PM (General) <i>Staff</i>	1:30PM-2:20PM (General) <i>Staff</i>	1:30PM-2:20PM (General) <i>Staff</i>	1:30PM-2:20PM (General) <i>Staff</i>	2:30PM-3:20PM (General) <i>Staff</i>	
		2:30PM-3:20PM (General) <i>Staff</i>	2:30PM-3:20PM (General) <i>Staff</i>	2:30PM-3:20PM (General) <i>Staff</i>	2:30PM-3:20PM (General) <i>Staff</i>	3:30PM-4:20PM (General) <i>Staff</i>	
		3:30PM-4:20PM (General) <i>Staff</i>	3:30PM-4:20PM (General) <i>Staff</i>	3:30PM-4:20PM (General) <i>Staff</i>	3:30PM-4:20PM (General) <i>Staff</i>	4:30PM-5:20PM (General) <i>Staff</i>	
		4:30PM-5:20PM (General) <i>Staff</i>	4:30PM-5:20PM (General) <i>Staff</i>	4:30PM-5:20PM (General) <i>Staff</i>	4:30PM-5:20PM (General) <i>Staff</i>	5:30PM-6:20PM (General) <i>Staff</i>	
		5:30PM-6:20PM (General) <i>Staff</i>	5:30PM-6:20PM (General) <i>Staff</i>	5:30PM-6:20PM (General) <i>Staff</i>	5:30PM-6:20PM (General) <i>Staff</i>		
		6:30PM-7:20PM (General) <i>Staff</i>	6:30PM-7:20PM (General) <i>Staff</i>	6:30PM-7:20PM (General) <i>Staff</i>	6:30PM-7:20PM (General) <i>Staff</i>		
		7:30PM-8:20PM (General) <i>Staff</i>	7:30PM-8:20PM (General) <i>Staff</i>	7:30PM-8:20PM (General) <i>Staff</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Athletic Conditioning</b> Studio O <a href="#">Sign Up</a>		8:00AM-8:45AM (Strength) <i>Suzanne I.</i>	8:00AM-8:45AM (Strength) <i>Suzanne I.</i>  5:30PM-6:15PM (Combination) <i>James P.</i>	8:00AM-8:45AM (Strength) <i>Julie W.</i>	8:00AM-8:45AM (Strength) <i>Suzanne I.</i>		11:30AM-12:15PM (Combination) <i>Tiago A.</i>
<b>Flex and Stretch</b> Gym <a href="#">Sign Up</a>		8:30AM-9:20AM (Combination) <i>Shona</i>		8:30AM-9:20AM (Combination) <i>Karen J.</i>			
<b>Hydro Burn</b> South Pool <a href="#">Sign Up</a>		9:00AM-9:50AM (Aquatics) <i>Dee A.</i>	9:30AM-10:20AM (Aquatics) <i>Shonna C.</i>  2:00PM-3:00PM (Aquatics) <i>Dee A.</i>	9:00AM-9:50AM (Aquatics) <i>Shonna C.</i>	2:00PM-3:00PM (Aquatics) <i>Dee A.</i>		
<b>Vinyasa Yoga</b> Multi-Purpose Room <a href="#">Sign Up</a>		9:00AM-10:15AM (Mind Body) <i>Dede B.</i>	4:00PM-5:15PM (Mind Body) <i>Joe T.</i>	9:00AM-10:15AM (Mind Body) <i>Becca S.</i>			1:00PM-2:00PM (Mind Body) <i>Hannah G.</i>
<b>Pilates</b> Studio <a href="#">Sign Up</a>		9:45AM-10:45AM (Pilates) <i>Raven B.</i>		9:45AM-10:45AM (Mind Body) <i>Suzanne I.</i>	12:30PM-1:30PM (Pilates) <i>Suzanne I.</i>		2:30PM-3:30PM (Pilates) <i>Shonna C.</i>
<b>Cardio Splash</b> South Pool <a href="#">Sign Up</a>		10:00AM-10:50AM (Aquatics) <i>Dee A.</i>		10:00AM-10:50AM (Aquatics) <i>Shonna C.</i>	9:30AM-10:20AM (Aquatics) <i>Dee A.</i>		
<b>Legends Basketball (35+)</b> Gym		10:30AM-12:30PM (General) <i>Staff</i>		10:30AM-12:30PM (General) <i>Staff</i>		9:30AM-1:00PM (General) <i>Staff</i>	
<b>TRX</b> Multi-Purpose Room <a href="#">Sign Up</a>		11:00AM-11:45AM (Strength) <i>Kathleen C.</i>  5:00PM-5:45PM (Strength) <i>Becca S.</i>	12:00PM-12:45PM (Strength) <i>Becca S.</i>	11:00AM-11:45AM (Strength) <i>Julie W.</i>  5:00PM-5:45PM (Strength) <i>Becca S.</i>	12:00PM-12:45PM (Strength) <i>Becca S.</i>		
<b>BODYPUMP Express</b> Studio <a href="#">Sign Up</a>		11:00AM-11:45AM (Strength) <i>Karen J.</i>		11:00AM-11:45AM (Strength) <i>Karen J.</i>			
<b>BODYBALANCE</b> Studio <a href="#">Sign Up</a>		12:00PM-1:00PM (Mind Body) <i>Shona</i>		12:00PM-1:00PM (Mind Body) <i>Karen J.</i>		8:15AM-9:15AM (Mind Body) <i>Karen J.</i>	
<b>Strength Fusion</b> Studio <a href="#">Sign Up</a>		1:15PM-2:15PM (Strength) <i>Kristina S.</i>		1:15PM-2:15PM (Strength) <i>Kristina S.</i>			
<b>Pickle Ball</b> Gym		2:15PM-4:15PM (General) <i>Staff</i>	2:15PM-4:15PM (General) <i>Staff</i>	2:15PM-4:15PM (General) <i>Staff</i>	2:15PM-4:15PM (General) <i>Staff</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Vinyasa Yoga</b> Studio <a href="#">Sign Up</a>		4:30PM-5:30PM (Mind Body) <i>Shonna C.</i>		4:30PM-5:30PM (Mind Body) <i>Vinita K.</i>	9:45AM-10:45AM (Mind Body) <i>Becca S.</i>		
<b>CANCELED: BODYCOMBAT</b> Studio <a href="#">Sign Up</a>		5:45PM-6:30PM (Cardio) <i>Dawn S.</i>					
<b>Slow Flow Yoga</b> Multi-Purpose Room <a href="#">Sign Up</a>		6:00PM-7:00PM (Mind Body) <i>Brittany C.</i>		6:00PM-7:00PM (Mind Body) <i>Becca S.</i>			
<b>BODYPUMP</b> Studio <a href="#">Sign Up</a>			6:00AM-6:55AM (Combination) <i>Roxanne B.</i>  4:15PM-5:15PM (Strength) <i>Kristina S.</i>		6:00AM-6:55AM (Strength) <i>Karen J.</i>  11:00AM-12:00PM (Strength) <i>Kristina S.</i>	9:30AM-10:30AM (Combination) <i>Karen J.</i>	
<b>BODYBALANCE</b> Multi-Purpose Room <a href="#">Sign Up</a>			7:15AM-8:15AM (Mind Body) <i>Karen J.</i>				
<b>Low Impact Fitness</b> Gym <a href="#">Sign Up</a>			8:30AM-9:30AM (Combination) <i>Karen J.</i>		8:30AM-9:30AM (Combination) <i>Karen J.</i>		
<b>Booty Barre</b> Studio <a href="#">Sign Up</a>			9:45AM-10:45AM (Barre) <i>Gillian H.</i>				
<b>Zumba</b> Gym <a href="#">Sign Up</a>			10:30AM-11:30AM (Dance) <i>Rico S.</i>		10:30AM-11:30AM (Dance) <i>Delia R.</i>		
<b>Chair Yoga</b> Multi-Purpose Room <a href="#">Sign Up</a>			10:30AM-11:30AM (Mind Body) <i>Dede B.</i>				
<b>Fluid Movement</b> South Pool <a href="#">Sign Up</a>			10:30AM-11:20AM (Aquatics) <i>Shonna C.</i>		10:30AM-11:20AM (Aquatics) <i>Dee A.</i>		
<b>Total Body Training</b> Studio <a href="#">Sign Up</a>			11:00AM-11:50AM (Strength) <i>Suzanne I.</i>				
<b>All-Stars Basketball (50+)</b> Gym			11:45AM-1:45PM (General) <i>Staff</i>		11:45AM-1:45PM (General) <i>Staff</i>		
<b>Cycle Express</b> Cycle Studio <a href="#">Sign Up</a>			12:00PM-12:30PM (Cardio) <i>Suzanne I.</i>				
<b>Hip Hop Fitness</b> Studio <a href="#">Sign Up</a>			5:30PM-6:30PM (Dance) <i>Eleanor W.</i>			10:45AM-11:45AM (Dance) <i>Eleanor W.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYCOMBAT</b> Studio <a href="#">Sign Up</a>				5:45PM-6:30PM (Cardio) <i>Tracy D.</i>			
<b>Deep Water Fitness</b> South Pool <a href="#">Sign Up</a>					8:30AM-9:20AM (Aquatics) <i>Amy L.</i>		
<b>Yogalates</b> Studio <a href="#">Sign Up</a>						12:00PM-1:00PM (Mind Body) <i>Raven B.</i>	
<b>Zumba en Familia</b> Studio <a href="#">Sign Up</a>							11:15AM-12:15PM (Dance) <i>Delia R.</i>
<b>Barre</b> Studio <a href="#">Sign Up</a>							12:30PM-1:30PM (Dance) <i>Kayla A.</i>
<b>Gentle Yoga</b> Studio <a href="#">Sign Up</a>							3:45PM-4:45PM (Mind Body) <i>Shonna C.</i>



## Woodfin YMCA | August 18th - August 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> Studio B <a href="#">Sign Up</a>		7:00AM-7:45AM (Cardio) <i>Copland R.</i>  12:30PM-1:15PM (Cardio) <i>Jay H.</i>		7:00AM-7:45AM (Cardio) <i>Copland R.</i>  12:30PM-1:15PM (Cardio) <i>Shonna C.</i>	8:00AM-8:45AM (Cardio) <i>Kate C.</i>	8:10AM-9:10AM (Cardio) <i>Copland R.</i>	10:30AM-11:15AM (Cardio) <i>Kate C.</i>
<b>The Groove</b> Studio B <a href="#">Sign Up</a>		8:00AM-8:45AM (Dance) <i>Conny A.</i>		8:00AM-8:45AM (Dance) <i>Leanna J.</i>			
<b>Yogalates</b> Studio A <a href="#">Sign Up</a>		8:00AM-8:45AM (Combination) <i>Gillian H.</i>		8:00AM-8:45AM (Combination) <i>Gillian H.</i>			
<b>Vinyasa Yoga</b> Studio A <a href="#">Sign Up</a>		9:00AM-10:00AM (Mind Body) <i>Tanya N.</i>  5:15PM-6:15PM (Mind Body) <i>Elspeth G.</i>	7:30AM-8:30AM (Mind Body) <i>Becca S.</i>  5:15PM-6:15PM (Mind Body) <i>Shonna C.</i>	9:00AM-10:00AM (Mind Body) <i>Vinita K.</i>		11:00AM-12:00PM (Mind Body) <i>Gillian H.</i>	11:00AM-12:00PM (Mind Body) <i>Elspeth G.</i>
<b>Pilates</b> Studio A <a href="#">Sign Up</a>		10:15AM-11:15AM (Pilates) <i>Vinita K.</i>  4:00PM-5:00PM (Pilates) <i>Jay H.</i>	11:15AM-12:00PM (Pilates) <i>Jay H.</i>  4:00PM-5:00PM (Pilates) <i>Shonna C.</i>	10:15AM-11:15AM (Pilates) <i>Vinita K.</i>	11:15AM-12:15PM (Pilates) <i>Shonna C.</i>		
<b>BODYPUMP</b> Studio B <a href="#">Sign Up</a>		10:15AM-11:15AM (Strength) <i>Shelley N.</i>		10:15AM-11:15AM (Strength) <i>Shelley N.</i>		9:30AM-10:30AM (Strength) <i>Cameron W.</i>  10:45AM-11:45AM (Strength) <i>Cameron W.</i>	
<b>Zumba</b> Studio B <a href="#">Sign Up</a>		11:30AM-12:15PM (Dance) <i>Jocelyn M.</i>		11:30AM-12:15PM (Dance) <i>Rico S.</i>	10:00AM-10:45AM (Dance) <i>Eugenia W.</i>	12:00PM-12:45PM (Dance) <i>Lena S.</i>	
<b>Gentle Yoga</b> Studio A <a href="#">Sign Up</a>		11:30AM-12:30PM (Mind Body) <i>Vinita K.</i>	10:00AM-11:00AM (Mind Body) <i>Maro S.</i>	11:30AM-12:30PM (Mind Body) <i>Vinita K.</i>	10:00AM-11:00AM (Mind Body) <i>Shonna C.</i>		9:45AM-10:45AM (Mind Body) <i>Shonna C.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Strength Fusion</b> Studio B <a href="#">Sign Up</a>		1:30PM-2:15PM (Strength) Conny A.	9:00AM-9:45AM (Strength) Conny A.		9:00AM-9:45AM (Strength) Conny A.		9:30AM-10:15AM (Strength) Conny A.  11:30AM-12:15PM (Strength) Conny A.
<b>CANCELED: Zumba</b> Studio B <a href="#">Sign Up</a>		5:15PM-6:15PM (Dance) Erica Y.					
<b>BODYPUMP Express</b> Studio B <a href="#">Sign Up</a>			8:00AM-8:45AM (Strength) Kate C.				
<b>BODYBALANCE</b> Studio A <a href="#">Sign Up</a>			8:45AM-9:45AM (Mind Body) Shona		8:45AM-9:45AM (Combination) Shona	8:45AM-9:45AM (Mind Body) Kate C.	12:15PM-1:15PM (Combination) Karen J.
<b>Zumba Gold</b> Studio B <a href="#">Sign Up</a>			10:00AM-10:45AM (Dance) Nancy H.				
<b>TRX</b> Studio B <a href="#">Sign Up</a>			11:15AM-12:00PM (Strength) Conny A.  5:00PM-5:45PM (Strength) Conny A.		11:15AM-12:00PM (Strength) Suzanne I.		
<b>Barre</b> Studio A <a href="#">Sign Up</a>				4:00PM-5:00PM (Barre) Maddie			
<b>Hip Hop Fitness</b> Studio B <a href="#">Sign Up</a>				5:15PM-6:15PM (Dance) Kim L.			
<b>Slow Flow Yoga</b> Studio A <a href="#">Sign Up</a>				5:15PM-6:15PM (Mind Body) Ashley J.			
<b>The Groove</b> Studio A <a href="#">Sign Up</a>						10:00AM-10:45AM (Dance) Judy O.	
<b>Tai Chi</b> Studio A <a href="#">Sign Up</a>						2:00PM-3:00PM (Mind Body) Alejandro S.	



## Black Mountain YMCA | August 18th - August 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Athletic Conditioning</b> Studio O <a href="#">Sign Up</a>		7:15AM-8:00AM (Outside) <i>Sadie G.</i>			7:15AM-8:00AM (Outside) <i>Sadie G.</i>		
<b>Cardio Dance</b> Fitness Studio <a href="#">Sign Up</a>		8:45AM-9:30AM (Dance) <i>Sadie S.</i>			4:30PM-5:15PM (Dance) <i>Christey C.</i>		
<b>BODYCOMBAT</b> Fitness Studio <a href="#">Sign Up</a>		9:45AM-10:45AM (Cardio) <i>Jennifer P.</i>		10:00AM-10:45AM (Cardio) <i>Jennifer P.</i>			
<b>Aqua Tabata</b> Pool <a href="#">Sign Up</a>		10:00AM-10:45AM (Aquatics) <i>Sadie S.</i>	5:30PM-6:15PM (Aquatics) <i>Rochelle B.</i>				
<b>Vinyasa Yoga</b> Fitness Studio <a href="#">Sign Up</a>		11:00AM-12:00PM (Mind Body) <i>Michele B.</i>		11:00AM-12:00PM (Mind Body) <i>Michele B.</i>			2:00PM-3:00PM (Mind Body) <i>Martha N.</i>
<b>Chair Yoga</b> Fitness Studio <a href="#">Sign Up</a>		12:15PM-1:15PM (Mind Body) <i>Kathryn L.</i>		12:15PM-1:15PM (Mind Body) <i>Kathryn L.</i>			
<b>Sit to be Fit</b> Fitness Studio <a href="#">Sign Up</a>		1:45PM-2:30PM (Combination) <i>Cyndy K.</i>	12:15PM-1:00PM (Combination) <i>Cyndy K.</i>		12:15PM-1:00PM (Combination) <i>Cyndy K.</i>		
<b>BODYPUMP</b> Fitness Studio <a href="#">Sign Up</a>		4:30PM-5:30PM (Combination) <i>Jami</i>	9:45AM-10:45AM (Combination) <i>Sadie G.</i>	4:30PM-5:30PM (Combination) <i>Sadie G.</i>	9:45AM-10:45AM (Combination) <i>Jami</i>		
<b>Zumba</b> Fitness Studio <a href="#">Sign Up</a>		5:45PM-6:45PM (Cardio) <i>Sheila D.</i>					
<b>Athletic Conditioning</b> Fitness Studio <a href="#">Sign Up</a>			7:45AM-8:40AM (Combination) <i>Malynda K.</i>				
<b>Step</b> Fitness Studio <a href="#">Sign Up</a>			8:45AM-9:35AM (Cardio) <i>Jeryl S.</i>				
<b>Cardio Splash</b> Pool <a href="#">Sign Up</a>			10:00AM-11:00AM (Aquatics) <i>Sadie S.</i>	10:00AM-11:00AM (Aquatics) <i>Rochelle B.</i>	10:00AM-11:00AM (Aquatics) <i>Rochelle B.</i>		
<b>Barre</b> Fitness Studio <a href="#">Sign Up</a>			11:00AM-12:00PM (Barre) <i>Jami</i>	8:45AM-9:45AM (Barre) <i>Raven B.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Power Yoga</b> Fitness Studio <a href="#">Sign Up</a>			2:00PM-3:00PM (Mind Body) <i>Ed C.</i>			11:00AM-12:00PM (Mind Body) <i>Ed C.</i>	
<b>HIIT</b> Fitness Studio <a href="#">Sign Up</a>			4:30PM-5:15PM (Cardio) <i>Julie H.</i>		11:00AM-12:00PM (Combination) <i>Julie H.</i>		
<b>Tai Chi for Energy</b> Fitness Studio <a href="#">Sign Up</a>			5:30PM-6:30PM (Mind Body) <i>Jay L.</i>				
<b>World Dance</b> Fitness Studio <a href="#">Sign Up</a>				5:45PM-6:45PM (Cardio) <i>Raven B.</i>			
<b>Cycle Fusion</b> Fitness Studio <a href="#">Sign Up</a>					6:00AM-7:00AM (Combination) <i>Carla M.</i>		
<b>Low Impact Fitness</b> Fitness Studio <a href="#">Sign Up</a>					8:30AM-9:15AM (Combination) <i>Jessica M.</i>		
<b>Tai Chi</b> Fitness Studio <a href="#">Sign Up</a>					1:30PM-2:30PM (Mind Body) <i>Jay L.</i>		
<b>Strength Fusion</b> Fitness Studio <a href="#">Sign Up</a>						9:45AM-10:45AM (Strength) <i>Sadie S.</i>	
<b>Pilates</b> Fitness Studio <a href="#">Sign Up</a>							11:30AM-12:30PM (Mind Body) <i>Raven B.</i>