



Corpening Memorial YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Cycle Studio Sign Up			5:30AM-6:15AM (General) <i>Joyce B.</i>	9:00AM-9:45AM (General) <i>Joyce B.</i>		9:00AM-9:45AM (Cardio) <i>Joyce B.</i>	
Gentle Yoga Studio A Sign Up			8:30AM-9:30AM (Mind Body) <i>Ashley J.</i>				
Total Body Training Studio B Sign Up			9:00AM-9:45AM (General) <i>Ron P.</i>	5:30AM-6:15AM (General) <i>Cynthia P.</i>	9:00AM-9:45AM (Strength) <i>Ron P.</i>		
Fluid Movement Pool Sign Up			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>		
Strength and Balance Studio A Sign Up			9:45AM-10:30AM (Strength) <i>Beth P.</i>		10:00AM-10:45AM (Strength) <i>Beth P.</i>		
Tai Chi Studio B Sign Up			10:00AM-11:00AM (Mind Body) <i>David M.</i>		10:00AM-11:00AM (Mind Body) <i>David M.</i>		
RPM Cycle Studio Sign Up			4:30PM-5:15PM (General) <i>Leslie H.</i>				
Cardio Splash Pool Sign Up			4:30PM-5:30PM (Aquatics) <i>Cris W.</i>				
Vinyasa Yoga Studio A Sign Up				9:00AM-10:00AM (Mind Body) <i>Miranda H.</i>			
BODYPUMP Studio B Sign Up				10:00AM-10:45AM (Strength) <i>Mary S.</i>			
Strength Fusion Studio B Sign Up				4:30PM-5:15PM (General) <i>Leslie H.</i>			
Zumba Studio B Sign Up				6:00PM-6:45PM (General) <i>Tracy S.</i>			
Cardio Dance Studio B Sign Up						10:00AM-10:45AM (Dance) <i>Alexandra J.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Studio A Sign Up							2:00PM-3:00PM (Mind Body) <i>Gergana A.</i>



Hendersonville Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT Gym Sign Up			5:45AM-6:20AM (Combination) <i>Jennifer C.</i>		5:45AM-6:20AM (Combination) <i>Jennifer C.</i>		
BODYCOMBAT Fitness Studio Sign Up			8:00AM-8:45AM (Cardio) <i>Allyson B.</i>	5:00PM-5:55PM (Cardio) <i>Skyler J.</i>	8:00AM-8:45AM (Cardio) <i>Allyson B.</i>	8:30AM-9:15AM (Cardio) <i>Allyson B.</i>	
Pilates Gym Sign Up			8:00AM-8:45AM (Pilates) <i>Linda C.</i>		8:00AM-8:45AM (Mind Body) <i>Wendy S.</i>		
BODYPUMP Express Fitness Studio Sign Up			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>			
Cardio Dance Fitness Studio Sign Up			9:00AM-9:45AM (Dance) <i>Helen W.</i>				
TRX Gym Sign Up			9:00AM-9:45AM (Strength) <i>Mary A.</i> 10:00AM-10:45AM (Combination) <i>Linda C.</i>				
Aqua Tabata Pool Sign Up			9:10AM-10:00AM (Aquatics) <i>Melissa F.</i>		9:10AM-10:00AM (Aquatics) <i>Wendy S.</i>		
BODYPUMP Fitness Studio Sign Up			10:00AM-11:00AM (Combination) <i>Gena S.</i> 5:00PM-6:00PM (Combination) <i>Emily C.</i>		10:00AM-11:00AM (Combination) <i>Christina H.</i>		
Cardio Splash Pool Sign Up			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
Gentle Yoga Gym Sign Up			11:00AM-11:55AM (Mind Body) Mandy H.		11:00AM-11:55AM (Mind Body) Christina H.		
Fluid Movement Pool Sign Up			11:10AM-12:00PM (Aquatics) Melissa F.		11:10AM-12:00PM (Aquatics) Wendy S.		
Barre Fitness Studio Sign Up			11:15AM-12:00PM (Combination) Debby C.	10:00AM-10:45AM (Barre) Ann F.			
Low Impact Fitness Gym Sign Up			12:15PM-1:10PM (Combination) Linda C.				
Pickle Ball Gym			1:15PM-3:15PM (General) Staff		1:15PM-3:15PM (General) Staff		
Tai Chi Club - Advanced Fitness Studio Sign Up			1:15PM-2:15PM (Mind Body) Sharon M.		1:15PM-2:15PM (Mind Body) Sharon M.		
Yoga Sculpt Fitness Studio Sign Up			2:30PM-3:30PM (Combination) Bill A.				12:00PM-12:45PM (Combination) Dianne H.
Ageless Grace Community Room Sign Up			2:30PM-3:15PM (Combination) Doreen B.				
Power Yoga Fitness Studio Sign Up			3:45PM-4:45PM (Mind Body) Bill A.		6:30PM-7:30PM (Mind Body) Becca S.		1:30PM-2:30PM (Mind Body) Becca S.
Yin Yoga Fitness Studio Sign Up			6:30PM-7:30PM (Mind Body) Bill A.				
Core Conditioning Gym/Outside Sign Up				6:00AM-6:45AM (Combination) Roxanna P.			
Rise and Shine Fitness Studio Sign Up				8:00AM-8:45AM (Combination) Lee H.			
Cycle Cycle Studio Sign Up				9:00AM-9:45AM (Cardio) Carrie H. 5:00PM-5:45PM (Cardio) Claire N.	9:00AM-9:45AM (Cardio) Mary A.	8:30AM-9:15AM (Cardio) Claire N.	
Step Fitness Studio Sign Up				9:00AM-9:45AM (Cardio) Kelly M.			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Athletic Conditioning Outside Sign Up				9:00AM-9:55AM (High Intensity Interval) <i>Leo G.</i>			
Hydro Burn Pool Sign Up				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>
TRX Outside Sign Up				10:05AM-10:50AM (Combination) <i>Regina V.</i>			
CANCELED: Yogalates Outside Sign Up				11:00AM-11:55AM (Combination) <i>Lee H.</i>			
Tai Chi Fitness Studio Sign Up				12:00PM-12:55PM (Mind Body) <i>Sharon M.</i>			
CANCELED: Low Impact Fitness Gym Sign Up				12:15PM-1:10PM (Combination) <i>Lee H.</i>			
Slow Flow Yoga Fitness Studio Sign Up				1:00PM-2:00PM (Mind Body) <i>Regina V.</i>			3:00PM-4:00PM (Mind Body) <i>Meredith G.</i>
Chair Yoga Fitness Studio Sign Up				2:15PM-3:15PM (Mind Body) <i>Regina V.</i>			
Total Body Training Fitness Studio Sign Up				4:00PM-4:45PM (Strength) <i>Melissa F.</i>			
Zumba Fitness Studio Sign Up				6:00PM-6:55PM (Dance) <i>Carmen V.</i>		9:30AM-10:20AM (Dance) <i>Therese L.</i>	
NIA Fitness Studio Sign Up					9:00AM-9:45AM (Dance) <i>Denise M.</i>		
TRX Gym/Outside Sign Up					9:00AM-9:45AM (Combination) <i>Ann F.</i>		
TRX Fitness Studio Sign Up					10:00AM-10:45AM (Combination) <i>Ryan W.</i>		
Low Impact Fitness Gym/Outside Sign Up					12:15PM-1:10PM (Mind Body) <i>Roxanna P.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Fitness Studio Sign Up					12:15PM-1:00PM (General) <i>Linda C.</i>		
Athletic Conditioning Gym/Outside Sign Up						9:00AM-9:55AM (Combination) <i>Leo G.</i>	
Vinyasa Yoga Fitness Studio Sign Up						10:30AM-11:30AM (Mind Body) <i>Lindsay F.</i>	



Reuter Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Cycle Studio Sign Up			5:45AM-6:30AM (Cardio) <i>Audra G.</i>	8:30AM-9:15AM (Cardio) <i>Jay G.</i> 5:30PM-6:15PM (Cardio) <i>Janine I.</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>Suzanne I.</i>	
Vinyasa Yoga Mind Body Studio Sign Up			8:15AM-9:15AM (Mind Body) <i>Jessica M.</i> 6:35PM-7:35PM (General) <i>Christina H.</i>		8:15AM-9:15AM (General) <i>Tammy C.</i>		
BODYPUMP Studio A Sign Up			8:15AM-9:15AM (General) <i>Emily P.</i> 5:30PM-6:30PM (General) <i>Christina H.</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>
Chair Yoga Mind Body Studio Sign Up			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>		
Cycle Fusion Cycle Studio Sign Up			9:30AM-10:15AM (General) <i>Janine I.</i>				
TRX Functional Fitness Room Sign Up			9:30AM-10:15AM (General) <i>Kelly H.</i>	9:30AM-10:15AM (General) <i>Corey J.</i>			
Zumba Studio A Sign Up			9:30AM-10:20AM (Dance) <i>Jocelyn M.</i>		10:30AM-11:20AM (Dance) <i>Rico S.</i>	10:30AM-11:20AM (Dance) <i>Rico S.</i>	
Flex and Stretch Mind Body Studio Sign Up			10:45AM-11:45AM (Mind Body) <i>Petra S.</i>		11:00AM-11:50AM (General) <i>Emily P.</i>		
Low Impact Fitness Studio A Sign Up			11:00AM-11:50AM (General) <i>Emily P.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Paid Program Functional Fitness Room			12:00PM-1:00PM (High Intensity Interval) <i>Kat H.</i>		11:00AM-11:50AM (General) <i>Kat H.</i>		
Athletic Conditioning Studio A Sign Up			12:00PM-12:45PM (High Intensity Interval) <i>Emily P.</i>				
Tai Chi-Arthritis & Balance Mind Body Studio Sign Up			12:30PM-1:30PM (Mind Body) <i>Merideth F.</i>		12:30PM-1:30PM (Mind Body) <i>Merideth F.</i>		
Tai Chi-Arthritis & Balance Studio A Sign Up			12:30PM-7:00PM (Mind Body) <i>Merideth F.</i>				
Low Impact Conditioning Studio A Sign Up			1:00PM-1:50PM (Combination) <i>Caryl C.</i>				
Tai Chi -Advanced Mind Body Studio Sign Up			1:45PM-2:45PM (Mind Body) <i>Merideth F.</i>				
Hip Hop Fitness Mind Body Studio Sign Up			5:30PM-6:20PM (General) <i>Shellie W.</i>				
Athletic Conditioning Studio O Sign Up			6:00PM-6:45PM (High Intensity Interval) <i>Tony R.</i>				
Athletic Conditioning Functional Fitness Room Sign Up				5:45AM-6:30AM (General) <i>Emily S.</i>		8:00AM-9:00AM (High Intensity Interval) <i>Emily S.</i>	
Aqua Fit Pool Sign Up				8:00AM-8:50AM (Aquatics) <i>Melissa F.</i>			
PIYO Live Studio A Sign Up				8:15AM-9:15AM (General) <i>Gena S.</i>			
BODYBALANCE Mind Body Studio Sign Up				8:15AM-9:15AM (Mind Body) <i>Emily P.</i>		9:30AM-10:30AM (Mind Body) <i>Emily P.</i>	
Hydro Burn Pool Sign Up				9:00AM-9:50AM (Aquatics) <i>Melissa F.</i>			
Core Conditioning Studio A Sign Up				9:30AM-10:20AM (General) <i>Gena S.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Fundamentals Mind Body Studio Sign Up				9:30AM-10:20AM (Mind Body) Dianne H.			
Aqua Zumba Pool Sign Up				10:00AM-10:50AM (Aquatics) Lena S.			
Barre Studio A Sign Up				10:30AM-11:20AM (General) Corey J.			
Pilates Mind Body Studio Sign Up				10:35AM-11:25AM (General) Dianne H.			
BODYPUMP Express Studio A Sign Up				12:00PM-12:50PM (Strength) Emily C.			
HIT Functional Fitness Room Sign Up				12:15PM-1:00PM (High Intensity Interval) Suzanne I.			
Restorative Yoga Mind Body Studio Sign Up				2:30PM-3:45PM (Mind Body) Kathryn L.			2:30PM-3:45PM (Mind Body) Kathryn L.
Kids Yoga 4-8 yrs Mind Body Studio Sign Up				4:15PM-5:00PM (Mind Body) Kathryn L.			
Boardwalk Burn Total Body Studio A Sign Up				5:30PM-6:15PM (Combination) Taylor D.			
Zumba Mind Body Studio Sign Up				6:05PM-6:55PM (Dance) Rico S.			
Trail Walking Biltmore Park Gym/Outside Sign Up					7:00AM-7:45AM (Outside) Staff		
TRX Tabata Functional Fitness Room Sign Up					9:30AM-10:15AM (Combination) Caryl C.		
Step & Pump Studio A Sign Up					9:30AM-10:20AM (General) Julie R.		
Dynamic Dance Studio A Sign Up					12:00PM-1:00PM (Dance) Natalie G.		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CANCELED: RPM Cycle Studio Sign Up						9:00AM-7:00PM (General) <i>Jay G.</i>	
Hip Hop Fitness Studio A Sign Up						9:15AM-10:15AM (Dance) <i>Shellie W.</i>	1:00PM-1:50PM (General) <i>Illysa H.</i>
Yoga in the Park Lobby						10:00AM-11:00AM (Mind Body) <i>Tom H.</i>	
Thai Boxing Fitness Mind Body Studio Sign Up						11:00AM-12:00PM (General) <i>Jon W.</i>	
Somatic Relief Mind Body Studio Sign Up							11:30AM-12:20PM (Mind Body) <i>Meredith R.</i>
Tai Chi for Joint Health Mind Body Studio Sign Up							1:00PM-2:00PM (Mind Body) <i>Alejandro S.</i>



Asheville YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Racquetball Short Door Court Sign Up			6:00AM-6:50AM (General) <i>Staff</i> 7:00AM-7:50AM (General) <i>Staff</i> 8:00AM-8:50AM (General) <i>Staff</i> 9:00AM-9:50AM (General) <i>Staff</i> 10:00AM-10:50AM (General) <i>Staff</i> 11:00AM-11:50AM (General) <i>Staff</i> 12:00PM-12:50PM (General) <i>Staff</i> 1:00PM-1:50PM (General) <i>Staff</i> 2:00PM-2:50PM (General) <i>Staff</i> 4:00PM-4:50PM (General) <i>Staff</i> 5:00PM-5:50PM (General) <i>Staff</i> 6:00PM-6:50PM (General) <i>Staff</i> 7:00PM-7:50PM (General) <i>Staff</i>	7:00AM-7:50AM (General) <i>Staff</i> 8:00AM-8:50AM (General) <i>Staff</i> 9:00AM-9:50AM (General) <i>Staff</i> 10:00AM-10:50AM (General) <i>Staff</i> 11:00AM-11:50AM (General) <i>Staff</i> 12:00PM-12:50PM (General) <i>Staff</i> 1:00PM-1:50PM (General) <i>Staff</i> 2:00PM-2:50PM (General) <i>Staff</i> 3:00PM-3:50PM (General) <i>Staff</i> 4:00PM-4:50PM (General) <i>Staff</i> 5:00PM-5:50PM (General) <i>Staff</i> 6:00PM-6:50PM (General) <i>Staff</i> 7:00PM-7:50PM (General) <i>Staff</i>	7:00AM-7:50AM (General) <i>Staff</i> 8:00AM-8:50AM (General) <i>Staff</i> 9:00AM-9:50AM (General) <i>Staff</i> 10:00AM-10:50AM (General) <i>Staff</i> 11:00AM-11:50AM (General) <i>Staff</i> 12:00PM-12:50PM (General) <i>Staff</i> 1:00PM-1:50PM (General) <i>Staff</i> 2:00PM-2:50PM (General) <i>Staff</i> 3:00PM-3:50PM (General) <i>Staff</i> 4:00PM-4:50PM (General) <i>Staff</i> 5:00PM-5:50PM (General) <i>Staff</i> 6:00PM-6:50PM (General) <i>Staff</i>	8:00AM-8:50AM (General) <i>Staff</i> 9:00AM-9:50AM (General) <i>Staff</i> 10:00AM-10:50AM (General) <i>Staff</i> 11:00AM-11:50AM (General) <i>Staff</i> 12:00PM-12:50PM (General) <i>Staff</i> 1:00PM-1:50PM (General) <i>Staff</i> 2:00PM-2:50PM (General) <i>Staff</i> 3:00PM-3:50PM (General) <i>Staff</i> 4:00PM-4:50PM (General) <i>Staff</i> 5:00PM-5:50PM (General) <i>Staff</i>	11:10AM-12:00PM (General) <i>Staff</i> 12:10PM-1:00PM (General) <i>Staff</i> 1:10PM-2:00PM (General) <i>Staff</i> 2:10PM-3:00PM (General) <i>Staff</i> 3:10PM-4:00PM (General) <i>Staff</i>
BODYPUMP Studio Sign Up			6:00AM-6:55AM (Combination) <i>Roxanne B.</i> 4:15PM-5:15PM (Strength) <i>Laura R.</i>		6:00AM-6:55AM (Strength) <i>Karen J.</i> 11:00AM-12:00PM (Strength) <i>Kristina S.</i>	9:30AM-10:20AM (Strength) <i>Roxanne B.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Racquetball Tall Door Court Sign Up			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>	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>	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>	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>	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>	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>	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>	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>		
			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>			
BODYBALANCE Multi-Purpose Room Sign Up			7:15AM-8:15AM (Mind Body) <i>Karen J.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Athletic Conditioning Studio O Sign Up			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>		
Low Impact Fitness Gym Sign Up			8:30AM-9:30AM (Combination) <i>Karen J.</i>		8:30AM-9:30AM (Combination) <i>Karen J.</i>		
Cycle Cycle Studio Sign Up			9:00AM-9:45AM (Cardio) <i>Becky U.</i> 5:45PM-6:30PM (Cardio) <i>Shonna C.</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>	
Hydro Burn South Pool Sign Up			9:30AM-10:20AM (Aquatics) <i>Shonna C.</i> 2:00PM-3:00PM (Aquatics) <i>Dee A.</i>	9:00AM-9:50AM (Aquatics) <i>Cecelia M.</i>	2:00PM-3:00PM (Aquatics) <i>Dee A.</i>		
Booty Barre Studio Sign Up			9:45AM-10:45AM (Barre) <i>Eva V.</i>				
Zumba Gym Sign Up			10:30AM-11:30AM (Dance) <i>Rico S.</i>		10:30AM-11:30AM (Dance) <i>Delia R.</i>		
Chair Yoga Multi-Purpose Room Sign Up			10:30AM-11:30AM (Mind Body) <i>Dede B.</i>				
Fluid Movement South Pool Sign Up			10:30AM-11:20AM (Aquatics) <i>Shonna C.</i>		10:30AM-11:20AM (Aquatics) <i>Dee A.</i>		
Total Body Training Studio Sign Up			11:00AM-11:50AM (Strength) <i>Suzanne I.</i>				
All-Stars Basketball (50+) Gym			11:45AM-1:45PM (General) <i>Staff</i>		11:45AM-1:45PM (General) <i>Staff</i>		
Cycle Express Cycle Studio Sign Up			12:00PM-12:30PM (Cardio) <i>Suzanne I.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TRX Multi-Purpose Room Sign Up			12:00PM-12:45PM (Strength) <i>Becca S.</i>	11:00AM-11:45AM (Strength) <i>Suzanne I.</i> 5:00PM-5:45PM (Strength) <i>Becca S.</i>	12:00PM-12:45PM (Strength) <i>Shona</i>		
Pickle Ball 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>		
Vinyasa Yoga Multi-Purpose Room Sign Up			4:00PM-5:15PM (Mind Body) <i>Joe T.</i>	9:00AM-10:15AM (Mind Body) <i>Stephanie B.</i>			1:00PM-2:00PM (Mind Body) <i>Jen W.</i>
Hip Hop Fitness Studio Sign Up			5:30PM-6:30PM (Dance) <i>Laura R.</i>			10:45AM-11:45AM (Dance) <i>Eleanor W.</i>	
Flex and Stretch Gym Sign Up				8:30AM-9:20AM (Combination) <i>Shona</i>			
Pilates Studio Sign Up				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>
Cardio Splash South Pool Sign Up				10:00AM-10:50AM (Aquatics) <i>Cecelia M.</i>	9:30AM-10:20AM (Aquatics) <i>Dee A.</i>		
Legends Basketball (35+) Gym				10:30AM-12:30PM (General) <i>Staff</i>		9:30AM-1:00PM (General) <i>Staff</i>	
BODYPUMP Express Studio Sign Up				11:00AM-11:45AM (Strength) <i>Karen J.</i>			
BODYBALANCE Studio Sign Up				12:00PM-1:00PM (Mind Body) <i>Shona</i>		8:15AM-9:15AM (Mind Body) <i>Karen J.</i>	
Strength Fusion Studio Sign Up				1:15PM-2:15PM (Strength) <i>Kristina S.</i>			
Vinyasa Yoga Studio Sign Up				4:30PM-5:30PM (Mind Body) <i>Vinita K.</i>	9:45AM-10:45AM (Mind Body) <i>Stephanie B.</i>		
BODYCOMBAT Studio Sign Up				5:45PM-6:30PM (Cardio) <i>Tracy D.</i>			
Slow Flow Yoga Multi-Purpose Room Sign Up				6:00PM-7:00PM (Mind Body) <i>Becca S.</i>			

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



Ferguson Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Athletic Conditioning Fitness Studio Sign Up			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>		
Westridge CrossFit Westridge CrossFit Sign Up			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>Elizabeth H.</i>	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>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>Mandy M.</i> 5:00PM-6:00PM (Combination) <i>Elizabeth H.</i>		
BODYPUMP Fitness Studio Sign Up			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>Katie K.</i>	
Cycle Cycle Studio Sign Up			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>Mike S.</i>	8:15AM-9:15AM (Cardio) <i>Christina W.</i>	
Gentle Yoga Fitness Studio Sign Up			9:15AM-10:05AM (Mind Body) <i>Sascha</i>		9:15AM-10:05AM (Mind Body) <i>Sascha</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYCOMBAT Multi-Purpose Room Sign Up			9:15AM-10:00AM (Combination) <i>Dawn S.</i>				
Zumba Fitness Studio Sign Up			10:15AM-11:05AM (Dance) <i>Erica Y.</i>		10:15AM-11:05AM (Dance) <i>Lena S.</i>		
TRX Westridge CrossFit Sign Up			10:15AM-11:00AM (Strength) <i>Corey J.</i>	10:15AM-11:00AM (General) <i>Steve B.</i>	10:15AM-11:00AM (Strength) <i>Kathleen C.</i>		
Tai Chi-Arthritis & Balance Multi-Purpose Room Sign Up			10:30AM-11:30AM (Mind Body) <i>Merideth F.</i>		10:30AM-11:30AM (Mind Body) <i>Merideth F.</i>		
Teen Strength & Conditioning Westridge CrossFit Sign Up			12:00PM-12:45PM (Strength) <i>Kathleen C.</i>				
Ferguson Fit Fitness Studio			1:00PM-2:00PM (Combination) <i>Lynne F.</i>		1:00PM-2:00PM (Combination) <i>Lynne F.</i>		
BODYBALANCE Fitness Studio Sign Up			4:30PM-5:15PM (Mind Body) <i>Julie N.</i>	9:15AM-10:00AM (Mind Body) <i>Dawn S.</i>			
Step Fitness Studio Sign Up			5:30PM-6:15PM (Cardio) <i>Julie N.</i>				
Vinyasa Yoga Fitness Studio Sign Up			6:30PM-7:30PM (Mind Body) <i>Cynthia C.</i>				
Barre Fitness Studio Sign Up				8:15AM-9:00AM (Barre) <i>Alexa W.</i>			
Slow Flow Yoga Multi-Purpose Room Sign Up				10:15AM-11:05AM (Mind Body) <i>Tom H.</i>			10:15AM-11:15AM (Mind Body) <i>Tom H.</i>
Low Impact Fitness Fitness Studio Sign Up				10:15AM-11:05AM (Combination) <i>Lynne F.</i>			
Rock Steady Boxing Fitness Studio				11:15AM-12:45PM (Combination) <i>Erica B.</i>			
BODYCOMBAT Fitness Studio Sign Up					8:15AM-9:00AM (Combination) <i>Dawn S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yogalates Multi-Purpose Room Sign Up					9:15AM-10:05AM (Mind Body) <i>Gillian H.</i>		
Westridge CrossFit Outside Sign Up						9:00AM-10:00AM (Combination) <i>Elizabeth H.</i>	
Hip Hop Fitness Fitness Studio Sign Up						10:15AM-11:05AM (Dance) <i>Deana C.</i>	
Strength Fusion Fitness Studio Sign Up							10:15AM-11:00AM (Combination) <i>Shelley N.</i>
CANCELED: Westridge CrossFit Westridge CrossFit Sign Up							10:30AM-11:30AM (Combination) <i>Mandy M.</i>



Woodfin YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vinyasa Yoga Studio A Sign Up			7:30AM-8:30AM (Mind Body) <i>Leanna J.</i> 5:15PM-6:15PM (Mind Body) <i>Leanna J.</i>	9:00AM-10:00AM (Mind Body) <i>Vinita K.</i>		11:00AM-12:00PM (Mind Body) <i>Ashley J.</i>	11:00AM-12:00PM (Mind Body) <i>Elspeth G.</i>
BODYPUMP Express Studio B Sign Up			8:00AM-8:45AM (Strength) <i>Kate C.</i>				9:30AM-10:15AM (Strength) <i>Kristina S.</i>
BODYBALANCE Studio A Sign Up			8:45AM-9:45AM (Mind Body) <i>Shona</i>		8:45AM-9:45AM (Combination) <i>Shona</i>	8:45AM-9:45AM (Mind Body) <i>Kate C.</i>	12:15PM-1:15PM (Combination) <i>Karen J.</i>
Strength Fusion Studio B Sign Up			9:00AM-9:45AM (Strength) <i>Jessica M.</i>		9:00AM-9:45AM (Strength) <i>Shelley N.</i>		11:30AM-12:15PM (Strength) <i>Kristina S.</i>
Zumba Gold Studio B Sign Up			10:00AM-10:45AM (Dance) <i>Nancy H.</i>				
Gentle Yoga Studio A Sign Up			10:00AM-11:00AM (Mind Body) <i>Erin G.</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>
TRX Studio B Sign Up			11:15AM-12:00PM (Strength) <i>Jessica M.</i> 5:00PM-5:45PM (Strength) <i>Conny A.</i>		11:15AM-12:00PM (Strength) <i>Suzanne I.</i>		
Pilates Studio A Sign Up			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>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Studio B Sign Up				7:00AM-7:45AM (Cardio) <i>Copland R.</i> 12:30PM-1:15PM (Cardio) <i>Jessica M.</i>	8:00AM-8:45AM (Cardio) <i>Copland R.</i>	8:10AM-9:10AM (Cardio) <i>Copland R.</i>	10:30AM-11:15AM (Cardio) <i>Kate C.</i>
The Groove Studio B Sign Up				8:00AM-8:45AM (Dance) <i>Leanna J.</i>			
Yogalates Studio A Sign Up				8:00AM-8:45AM (Combination) <i>Shonna C.</i>			
BODYPUMP Studio B Sign Up				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>	
Zumba Studio B Sign Up				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>	
Barre Studio A Sign Up				4:00PM-5:00PM (Barre) <i>Maddie</i>			
Hip Hop Fitness Studio B Sign Up				5:15PM-6:15PM (Dance) <i>Kim L.</i>			
Slow Flow Yoga Studio A Sign Up				5:15PM-6:15PM (Mind Body) <i>Ashley J.</i>			
The Groove Studio A Sign Up						10:00AM-10:45AM (Dance) <i>Judy O.</i>	
Tai Chi Studio A Sign Up						2:00PM-3:00PM (Mind Body) <i>Alejandro S.</i>	



Black Mountain YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Athletic Conditioning Fitness Studio Sign Up			7:45AM-8:40AM (Combination) <i>Malynda K.</i>				
Step Fitness Studio Sign Up			8:45AM-9:35AM (Cardio) <i>Jeryl S.</i>				
BODYPUMP Fitness Studio Sign Up			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>		
Cardio Splash Pool Sign Up			10:00AM-11:00AM (Aquatics) <i>Sue S.</i>	10:00AM-11:00AM (Aquatics) <i>Rochelle B.</i>	10:00AM-11:00AM (Aquatics) <i>Rochelle B.</i>		
Barre Fitness Studio Sign Up			11:00AM-12:00PM (Barre) <i>Jami</i>	8:45AM-9:45AM (Barre) <i>Raven B.</i>			
Sit to be Fit Fitness Studio Sign Up			12:15PM-1:00PM (Combination) <i>Cyndy K.</i>		12:15PM-1:00PM (Combination) <i>Cyndy K.</i>		
Power Yoga Fitness Studio Sign Up			2:00PM-3:00PM (Mind Body) <i>Ed C.</i>			11:00AM-12:00PM (Mind Body) <i>Becca S.</i>	
HIIT Fitness Studio Sign Up			4:30PM-5:15PM (Cardio) <i>Julie H.</i>		11:00AM-12:00PM (Combination) <i>Julie H.</i>		
Aqua Tabata Pool Sign Up			5:30PM-6:15PM (Aquatics) <i>Rochelle B.</i>				
Tai Chi for Energy Fitness Studio Sign Up			5:30PM-6:30PM (Mind Body) <i>Jay L.</i>				
Total Body Training Fitness Studio Sign Up				7:45AM-8:30AM (Combination) <i>Laney H.</i>			
BODYCOMBAT Fitness Studio Sign Up				10:00AM-10:45AM (Cardio) <i>Jami</i>			
Vinyasa Yoga Fitness Studio Sign Up				11:00AM-12:00PM (Mind Body) <i>Michele B.</i>			2:00PM-3:00PM (Mind Body) <i>Martha N.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chair Yoga Fitness Studio Sign Up				12:15PM-1:15PM (Mind Body) <i>Kathryn L.</i>			
Cardio Dance Fitness Studio Sign Up				5:45PM-6:45PM (Cardio) <i>Sheila D.</i>	4:30PM-5:15PM (Dance) <i>Christey C.</i>		
Cycle Fusion Fitness Studio Sign Up					6:00AM-7:00AM (Combination) <i>Carla M.</i>		
Athletic Conditioning Studio O Sign Up					7:15AM-8:00AM (Combination) <i>Sadie G.</i>		
Low Impact Fitness Fitness Studio Sign Up					8:30AM-9:15AM (Combination) <i>Jessica M.</i>		
Tai Chi Fitness Studio Sign Up					1:30PM-2:30PM (Mind Body) <i>Jay L.</i>		
Strength Fusion Fitness Studio Sign Up						9:45AM-10:45AM (Strength) <i>Julie H.</i>	