



## Ferguson Family YMCA | March 30th - April 5th

	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>  5:30PM-6:30PM (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 (General) <i>Steve B.</i>  5:30PM-6:30PM (Cardio) <i>Amy T.</i>	9:15AM-10:15AM (Cardio) <i>Mike S.</i>	8:15AM-9:15AM (Cardio) <i>Christina W.</i>	
<b>BODYPUMP</b> Fitness Studio <a href="#">Sign Up</a>				6:00AM-7:00AM (Strength) <i>Elizabeth B.</i>  5:30PM-6:30PM (Strength) <i>Illysa H.</i>		9:15AM-10:00AM (Strength) <i>Katie K.</i>	
<b>PAID-LiftMore for Bone Health</b> Westridge CrossFit				8:15AM-9:00AM (Combination) <i>Mandy M.</i>  11:15AM-12:00PM (Combination) <i>Mandy M.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Barre</b> Fitness Studio <a href="#">Sign Up</a>				8:15AM-9:00AM (Barre) <i>Suzanne I.</i>			
<b>BODYBALANCE</b> Fitness Studio <a href="#">Sign Up</a>				9:15AM-10:00AM (Mind Body) <i>Dawn S.</i>			
<b>Low Impact Fitness</b> Fitness Studio <a href="#">Sign Up</a>				10:15AM-11:05AM (Combination) <i>Lynne F.</i>			
<b>Slow Flow Yoga</b> Multi-Purpose Room <a href="#">Sign Up</a>				10:15AM-11:05AM (Mind Body) <i>Tom 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>Gillian H.</i>		
<b>Rock Steady Boxing</b> Fitness Studio				11:15AM-12:45PM (Combination) <i>Erica B.</i>			
<b>Open Gym</b> Westridge CrossFit				12:00PM-4:00PM (General) <i>Staff</i>	12:00PM-4:00PM (General) <i>Staff</i>	12:00PM-4:00PM (General) <i>Staff</i>	
<b>LIVESTRONG at the YMCA</b> Fitness Studio				2:00PM-3:30PM (Healthy Aging Event) <i>Lynne F.</i>			
<b>Tai Chi -Advanced</b> Multi-Purpose Room <a href="#">Sign Up</a>				4:00PM-5:00PM (Mind Body) <i>Merideth F.</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>Amy T.</i>		
<b>Vinyasa Yoga</b> Fitness Studio <a href="#">Sign Up</a>					7:00AM-8:00AM (Mind Body) <i>Bekah H.</i>		
<b>BODYCOMBAT</b> Fitness Studio <a href="#">Sign Up</a>					8:15AM-9:00AM (Combination) <i>Dawn S.</i>		
<b>Gentle Yoga</b> Fitness Studio <a href="#">Sign Up</a>					9:15AM-10:05AM (Mind Body) <i>Sascha F.</i>		
<b>Yogalates</b> Multi-Purpose Room <a href="#">Sign Up</a>					9:15AM-10:05AM (Mind Body) <i>Gillian H.</i>		
<b>Zumba</b> Fitness Studio <a href="#">Sign Up</a>					10:15AM-11:05AM (Dance) <i>Lena S.</i>		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<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>		
<b>Intro to Pilates</b> Fitness Studio <a href="#">Sign Up</a>					11:15AM-12:00PM (Mind Body) <i>Carrie J.</i>		
<b>Ferguson Fit</b> Fitness Studio					1:00PM-2:00PM (Combination) <i>Lynne F.</i>		
<b>Hip Hop Fitness</b> Fitness Studio <a href="#">Sign Up</a>						10:15AM-11:05AM (Dance) <i>Becky L.</i>	
<b>Bouncing Books</b> Multi-Purpose Room <a href="#">Sign Up</a>						11:00AM-12:00PM (Kids) <i>Kate S.</i>	
<b>CANCELED: Slow Flow Yoga</b> Multi-Purpose Room <a href="#">Sign Up</a>							10:15AM-11:30AM (Mind Body) <i>Tom H.</i>
<b>CANCELED: BODYPUMP</b> Fitness Studio <a href="#">Sign Up</a>							10:15AM-11:00AM (Combination) <i>Jack K.</i>
<b>CANCELED: Open Gym</b> Westridge CrossFit							12:00PM-4:00PM (General) <i>Staff</i>



## Corpening Memorial YMCA | March 30th - April 5th

	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>Suzanne H.</i>	9:00AM-9:45AM (Strength) <i>Beth P.</i>	10:00AM-10:45AM (Strength) <i>Leslie H.</i>	
<b>Cycle</b> Cycle Studio <a href="#">Sign Up</a>				9:00AM-9:45AM (General) <i>Joyce B.</i>		9:00AM-9:45AM (Cardio) <i>Joyce B.</i>	
<b>Vinyasa Yoga</b> Studio A <a href="#">Sign Up</a>				9:00AM-10:00AM (Mind Body) <i>Miranda H.</i>			
<b>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>		
<b>BODYPUMP</b> Studio B <a href="#">Sign Up</a>				10:00AM-10:45AM (Strength) <i>Mary S.</i>			
<b>Tai Chi-Arthritis &amp; Balance</b> Studio A <a href="#">Sign Up</a>				10:15AM-11:15AM (Mind Body) <i>Janice D.</i>			
<b>Cardio Fusion</b> Studio B <a href="#">Sign Up</a>				4:30PM-5:15PM (General) <i>Leslie H.</i>			
<b>Zumba Lift</b> Studio B <a href="#">Sign Up</a>				6:00PM-6:45PM (General) <i>Tracy S.</i>			
<b>Line Dancing</b> Gym <a href="#">Sign Up</a>					8:00AM-8:45AM (Dance) <i>Michelle H.</i>		
<b>Tai Chi</b> Studio B <a href="#">Sign Up</a>					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>		
<b>Line Dancing</b> Studio B <a href="#">Sign Up</a>						11:00AM-11:45AM (Dance) <i>Michelle H.</i>	

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



## Hendersonville Family YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP Express</b> Fitness Studio <a href="#">Sign Up</a>				5:45AM-6:30AM (Strength) <i>Mimi C.</i>  11:00AM-11:45AM (Combination) <i>Ann F.</i>	10:00AM-10:45AM (Combination) <i>Christina H.</i>		
<b>Rise and Shine</b> Fitness Studio <a href="#">Sign Up</a>				8:00AM-8:45AM (Combination) <i>Lee H.</i>			
<b>Athletic Conditioning</b> Gym/Outside <a href="#">Sign Up</a>				9:00AM-9:55AM (High Intensity Interval) <i>Leo G.</i>		9:00AM-9:55AM (Combination) <i>Leo G.</i>	
<b>Cycle</b> Cycle Studio <a href="#">Sign Up</a>				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>Step</b> Fitness Studio <a href="#">Sign Up</a>				9:00AM-9:45AM (Cardio) <i>Kelly M.</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>			
<b>Barre</b> Fitness Studio <a href="#">Sign Up</a>				10:00AM-10:45AM (Barre) <i>Ann F.</i>			
<b>Tai Chi</b> Fitness Studio <a href="#">Sign Up</a>				12:00PM-12:55PM (Mind Body) <i>Sharon M.</i>			
<b>Slow Flow Yoga</b> Fitness Studio <a href="#">Sign Up</a>				1:00PM-2:00PM (Mind Body) <i>Lee H.</i>			
<b>Chair Yoga</b> Fitness Studio <a href="#">Sign Up</a>				2:15PM-3:15PM (Mind Body) <i>Lee H.</i>			
<b>Total Body Training</b> Fitness Studio <a href="#">Sign Up</a>				4:00PM-4:45PM (Strength) <i>Melissa F.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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>	8:30AM-9:15AM (Cardio) <i>Allyson B.</i>	
<b>Zumba</b> Fitness Studio <a href="#">Sign Up</a>				6:00PM-6:55PM (Dance) <i>Carmen V.</i>		9:30AM-10:20AM (Dance) <i>Therese L.</i>	
<b>Vinyasa Yoga</b> Fitness Studio <a href="#">Sign Up</a>				7:00PM-8:00PM (Mind Body) <i>Elle B.</i>		10:30AM-11:30AM (Mind Body) <i>Lindsay F.</i>	
<b>HIIT</b> Gym <a href="#">Sign Up</a>					5:45AM-6:30AM (Combination) <i>Todd S.</i>		
<b>Pilates</b> Gym <a href="#">Sign Up</a>					8:00AM-8:45AM (Mind Body) <i>Wendy S.</i>		
<b>TRX</b> Gym/Outside <a href="#">Sign Up</a>					9:00AM-9:45AM (Combination) <i>Ann F.</i>  10:00AM-10:45AM (Combination) <i>Caryl C.</i>		
<b>NIA</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>Wendy S.</i>		
<b>Cardio Splash</b> Pool <a href="#">Sign Up</a>					10:10AM-11:00AM (Aquatics) <i>Wendy S.</i>		
<b>Gentle Yoga</b> Gym <a href="#">Sign Up</a>					11:00AM-11:55AM (Mind Body) <i>Christina H.</i>		
<b>Fluid Movement</b> Pool <a href="#">Sign Up</a>					11:10AM-12:00PM (Aquatics) <i>Wendy S.</i>		
<b>Low Impact Fitness</b> Gym/Outside <a href="#">Sign Up</a>					12:15PM-1:10PM (Mind Body) <i>Roswitha F.</i>		
<b>Pilates</b> Fitness Studio <a href="#">Sign Up</a>					12:15PM-1:00PM (General) <i>Linda C.</i>		
<b>Pickle Ball</b> Gym					1:15PM-3:15PM (General) <i>Staff</i>		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Tai Chi Club - Advanced</b> Fitness Studio <a href="#">Sign Up</a>					1:15PM-2:15PM (Mind Body) <i>Sharon M.</i>		
<b>CANCELED: Hip Hop Fitness</b> Fitness Studio <a href="#">Sign Up</a>						11:45AM-12:45PM (Dance) <i>Katie W.</i>	
<b>CANCELED: Yoga Sculpt</b> Fitness Studio <a href="#">Sign Up</a>							12:00PM-1:00PM (Combination) <i>Bill A.</i>
<b>CANCELED: Hydro Burn</b> Pool <a href="#">Sign Up</a>							1:10PM-2:00PM (Aquatics) <i>Roswitha F.</i>
<b>CANCELED: Power Yoga</b> Fitness Studio <a href="#">Sign Up</a>							1:30PM-2:30PM (Mind Body) <i>Bill A.</i>
<b>CANCELED: Slow Flow Yoga</b> Fitness Studio <a href="#">Sign Up</a>							3:00PM-4:00PM (Mind Body) <i>Meredith G.</i>



## Reuter Family YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Athletic Conditioning</b> Functional Fitness Room <a href="#">Sign Up</a>				5:45AM-6:30AM (General) <i>Emily S.</i>		8:00AM-9:00AM (High Intensity Interval) <i>Suzanne I.</i>	
<b>BODYPUMP Express</b> Studio A <a href="#">Sign Up</a>				7:00AM-7:50AM (Strength) <i>Kathy B.</i>  12:00PM-12:50PM (Strength) <i>Kat H.</i>		10:05AM-10:55AM (Strength) <i>Peter W.</i>	
<b>Aqua Fit</b> Pool <a href="#">Sign Up</a>				8:00AM-8:50AM (Aquatics) <i>Melissa F.</i>			
<b>PIYO Live</b> Studio A <a href="#">Sign Up</a>				8:15AM-9:15AM (General) <i>Gena S.</i>			
<b>Functional Flow</b> Mind Body Studio <a href="#">Sign Up</a>				8:15AM-9:15AM (Combination) <i>Julia S.</i>			
<b>Cycle</b> Cycle Studio <a href="#">Sign Up</a>				8:30AM-9:15AM (Cardio) <i>Jay G.</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>Hydro Burn</b> Pool <a href="#">Sign Up</a>				9:00AM-9:50AM (Aquatics) <i>Melissa F.</i>			
<b>Core Conditioning</b> Mind Body Studio <a href="#">Sign Up</a>				9:30AM-10:20AM (Strength) <i>Gena S.</i>			
<b>TRX</b> Functional Fitness Room <a href="#">Sign Up</a>				9:30AM-10:15AM (Strength) <i>Karen B.</i>  10:30AM-11:15AM (Strength) <i>Karen B.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pilates</b> Mind Body Studio <a href="#">Sign Up</a>				10:35AM-11:25AM (General) <i>Dianne H.</i>			
<b>CANCELED: Dynamic Dance</b> Studio A <a href="#">Sign Up</a>				10:45AM-11:30AM (Dance) <i>Elaine C.</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>		
<b>HIT</b> Functional Fitness Room <a href="#">Sign Up</a>				12:15PM-1:00PM (High Intensity Interval) <i>Carolina P.</i>			
<b>Ageless Grace</b> Mind Body Studio <a href="#">Sign Up</a>				1:00PM-1:45PM (Mind Body) <i>Vivian C.</i>			
<b>Somatic Relief</b> Mind Body Studio <a href="#">Sign Up</a>				3:00PM-4:00PM (Mind Body) <i>Meredith R.</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>Total Body Strength</b> Studio A <a href="#">Sign Up</a>				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>Kathy B.</i>			
<b>Vinyasa Yoga</b> Mind Body Studio <a href="#">Sign Up</a>					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>Gena S.</i>		
<b>TRX Tabata</b> Functional Fitness Room <a href="#">Sign Up</a>					9:30AM-10:15AM (Combination) <i>Kat H.</i>		
<b>Step</b> Studio A <a href="#">Sign Up</a>					9:30AM-10:20AM (Cardio) <i>Curtis P.</i>		
<b>Zumba</b> Studio A <a href="#">Sign Up</a>					10:30AM-11:20AM (Dance) <i>Rico S.</i>	11:10AM-12:00PM (Dance) <i>Rico S.</i>	
<b>Flex and Stretch</b> Mind Body Studio <a href="#">Sign Up</a>					11:00AM-12:00PM (Mind Body) <i>Petra S.</i>		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Paid Program</b> Functional Fitness Room					12:00PM-1:00PM (General) <i>Staff</i>		
<b>Tai Chi-Arthritis &amp; Balance</b> Mind Body Studio <a href="#">Sign Up</a>					12:45PM-1:45PM (Mind Body) <i>Merideth F.</i>		
<b>Tai Chi 101</b> Studio A <a href="#">Sign Up</a>					2:00PM-3:00PM (Mind Body) <i>Merideth F.</i>		
<b>Hip Hop Fitness</b> Studio A <a href="#">Sign Up</a>						9:00AM-9:50AM (Dance) <i>Shellie W.</i>	
<b>Power Yoga</b> Mind Body Studio <a href="#">Sign Up</a>						9:30AM-10:30AM (Mind Body) <i>Bill A.</i>	



# Asheville YMCA | March 30th - April 5th

	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>JD D.</i>	9:00AM-9:45AM (Cardio) <i>Becky U.</i>	9:00AM-9:45AM (Cardio) <i>Aileen S.</i>	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<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>	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>	
				8:30AM-9:20AM (General) <i>Staff</i>	8:30AM-9:20AM (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>	
				10:30AM-11:20AM (General) <i>Staff</i>	10:30AM-11:20AM (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>	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>	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>	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>		
				7:30PM-8:20PM (General) <i>Staff</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Racquetball</b> Short Door Court <a href="#">Sign Up</a>				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>		
<b>Flex and Stretch</b> Gym <a href="#">Sign Up</a>				8:30AM-9:20AM (Combination) <i>Jen W.</i>				
<b>Athletic Conditioning</b> Studio O <a href="#">Sign Up</a>				8:30AM-9:15AM (Combination) <i>Julie W.</i>	8:30AM-9:15AM (Combination) <i>Suzanne I.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Hydro Burn</b> South Pool <a href="#">Sign Up</a>				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>Becca S.</i>			
<b>Pilates</b> Studio <a href="#">Sign Up</a>				9:45AM-10:45AM (Mind Body) <i>Suzanne I.</i>	1:15PM-2:15PM (Pilates) <i>Suzanne I.</i>		
<b>Aqua Zumba</b> South Pool <a href="#">Sign Up</a>				10:00AM-10:50AM (Aquatics) <i>Lena S.</i>			
<b>Legends Basketball (35+)</b> Gym				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>Julie W.</i>  4:30PM-5:15PM (Strength) <i>Becca S.</i>	12:00PM-12:45PM (Strength) <i>JD D.</i>	8:30AM-9:15AM (Strength) <i>JD D.</i>	
<b>BODYPUMP Express</b> Studio <a href="#">Sign Up</a>				11:00AM-11:45AM (Strength) <i>Karen J.</i>			
<b>BODYBALANCE</b> Multi-Purpose Room <a href="#">Sign Up</a>				12:00PM-1:00PM (Mind Body) <i>Karen J.</i>			
<b>Strength Fusion</b> Studio <a href="#">Sign Up</a>				12:00PM-1:00PM (Strength) <i>Kristina S.</i>			
<b>Deep Water Fitness</b> South Pool <a href="#">Sign Up</a>				2:00PM-3:00PM (Aquatics) <i>Amy L.</i>	8:30AM-9:20AM (Aquatics) <i>Amy L.</i>		
<b>Pickle Ball</b> Gym				2:15PM-4:15PM (General) <i>Staff</i>	2:15PM-4:15PM (General) <i>Staff</i>		
<b>Vinyasa Yoga</b> Studio <a href="#">Sign Up</a>				4:30PM-5:30PM (Mind Body) <i>Vinita K.</i>	9:30AM-10:30AM (Mind Body) <i>Jen W.</i>		
<b>BODYCOMBAT</b> Studio <a href="#">Sign Up</a>				5:45PM-6:30PM (Cardio) <i>Tracy D.</i>			
<b>Slow Flow Yoga</b> Multi-Purpose Room <a href="#">Sign Up</a>				6:15PM-7:15PM (Mind Body) <i>Willow D.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP</b> Studio <a href="#">Sign Up</a>					6:00AM-6:55AM (Strength) <i>Karen J.</i>  10:45AM-11:45AM (Strength) <i>Kristina S.</i>	9:30AM-10:30AM (Strength) <i>Karen J.</i>	
<b>Low Impact Fitness</b> Gym <a href="#">Sign Up</a>					8:30AM-9:30AM (Combination) <i>Karen J.</i>		
<b>Cardio Splash</b> South Pool <a href="#">Sign Up</a>					9:30AM-10:20AM (Aquatics) <i>Karen C.</i>		
<b>Fluid Movement</b> South Pool <a href="#">Sign Up</a>					10:30AM-11:20AM (Aquatics) <i>Karen C.</i>		
<b>Chair Yoga</b> Multi-Purpose Room <a href="#">Sign Up</a>					10:30AM-11:30AM (Mind Body) <i>Becca S.</i>		
<b>All-Stars Basketball (50+)</b> Gym					11:45AM-1:45PM (General) <i>Staff</i>		
<b>Zumba</b> Studio <a href="#">Sign Up</a>					12:00PM-1:00PM (Dance) <i>Delia R.</i>		
<b>Cycle Express</b> Cycle Studio <a href="#">Sign Up</a>					12:30PM-1:00PM (Cardio) <i>Suzanne I.</i>		
<b>Power Yoga</b> Multi-Purpose Room <a href="#">Sign Up</a>					4:00PM-5:00PM (Mind Body) <i>Becca S.</i>		
<b>BODYBALANCE</b> Studio <a href="#">Sign Up</a>						8:15AM-9:15AM (Mind Body) <i>Karen J.</i>	
<b>PAID PROGRAM Kids Ballet</b> Multi-Purpose Room						9:30AM-10:15AM (Dance) <i>Gracie C.</i>  9:30AM-10:15AM (Dance) <i>Gracie C.</i>	
<b>Hip Hop Fitness</b> Studio <a href="#">Sign Up</a>						10:45AM-11:45AM (Dance) <i>Eleanor W.</i>	
<b>Yogalates</b> Studio <a href="#">Sign Up</a>						12:00PM-1:00PM (Mind Body) <i>Raven B.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>CANCELED: Racquetball</b> Short Door Court <a href="#">Sign Up</a>							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>
<b>CANCELED: PAID PROGRAM Kids Ballet</b> Multi-Purpose Room							11:15AM-12:00PM (Dance) <i>Gracie C.</i>
<b>CANCELED: Racquetball</b> Tall Door Court <a href="#">Sign Up</a>							11:30AM-12:20PM (General) <i>Staff</i>  12:30PM-1:20PM (General) <i>Staff</i>  1:30PM-2:20PM (General) <i>Staff</i>  2:30PM-3:20PM (General) <i>Staff</i>  3:30PM-4:20PM (General) <i>Staff</i>
<b>CANCELED: Vinyasa Yoga</b> Studio <a href="#">Sign Up</a>							12:30PM-1:30PM (Mind Body) <i>Hannah G.</i>
<b>CANCELED: BODYPUMP</b> Studio <a href="#">Sign Up</a>							1:45PM-2:45PM (Strength) <i>Peter W.</i>
<b>CANCELED: Gentle Yoga</b> Studio <a href="#">Sign Up</a>							3:45PM-4:45PM (Mind Body) <i>Shonna C.</i>



## Woodfin YMCA | March 30th - April 5th

	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>Jessica M.</i>		8:00AM-9:00AM (Cardio) <i>Copland R.</i>	
<b>The Groove</b> Studio B <a href="#">Sign Up</a>				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>			
<b>Vinyasa Yoga</b> Studio A <a href="#">Sign Up</a>				9:00AM-10:00AM (Mind Body) <i>Vinita K.</i>		11:00AM-12:00PM (Mind Body) <i>Gillian H.</i>	
<b>Pilates</b> Studio A <a href="#">Sign Up</a>				10:15AM-11:15AM (Pilates) <i>Vinita K.</i>  4:15PM-5:00PM (Pilates) <i>Jay H.</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>		9:30AM-10:30AM (Strength) <i>Shelley N.</i>  10:45AM-11:45AM (Strength) <i>Cameron W.</i>	
<b>567BROADWAY!</b> Studio B <a href="#">Sign Up</a>				11:30AM-12:15PM (Dance) <i>Conny A.</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>Shonna C.</i>		
<b>Barre</b> Studio A <a href="#">Sign Up</a>				5:15PM-6:15PM (Barre) <i>Jay H.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Hip Hop Fitness</b> Studio B <a href="#">Sign Up</a>				5:15PM-6:15PM (Dance) <i>Kim L.</i>			
<b>BODYPUMP HEAVY</b> Studio B <a href="#">Sign Up</a>				6:30PM-7:30PM (Strength) <i>Peter W.</i>	8:00AM-8:45AM (Strength) <i>Kate C.</i>		
<b>Strength Fusion</b> Studio B <a href="#">Sign Up</a>					9:00AM-9:45AM (Strength) <i>Jennifer B.</i>		
<b>Zumba</b> Studio B <a href="#">Sign Up</a>					10:00AM-10:45AM (Dance) <i>Nancy H.</i>		
<b>TRX</b> Studio B <a href="#">Sign Up</a>					11:15AM-12:00PM (Strength) <i>Suzanne I.</i>		
<b>BODYPUMP Express</b> Studio B <a href="#">Sign Up</a>					12:15PM-1:00PM (Strength) <i>Conny A.</i>		
<b>BODYBALANCE</b> Studio A <a href="#">Sign Up</a>						8:45AM-9:45AM (Mind Body) <i>Kate C.</i>	
<b>The Groove</b> Studio A <a href="#">Sign Up</a>						10:00AM-10:45AM (Dance) <i>Judy O.</i>	
<b>CANCELED: Zumba</b> Studio B <a href="#">Sign Up</a>						12:15PM-1:00PM (Dance) <i>Lena S.</i>	
<b>Tai Chi</b> Studio B <a href="#">Sign Up</a>						2:00PM-3:00PM (Mind Body) <i>Alejandro S.</i>	
<b>CANCELED: Strength Fusion</b> Studio B <a href="#">Sign Up</a>							9:30AM-10:15AM (Strength) <i>Jennifer B.</i>  11:30AM-12:15PM (Strength) <i>Conny A.</i>
<b>CANCELED: Gentle Yoga</b> Studio A <a href="#">Sign Up</a>							9:45AM-10:45AM (Mind Body) <i>Shonna C.</i>
<b>CANCELED: Cycle</b> Studio B <a href="#">Sign Up</a>							10:30AM-11:15AM (Cardio) <i>Copland R.</i>
<b>CANCELED: Vinyasa Yoga</b> Studio A <a href="#">Sign Up</a>							11:00AM-12:00PM (Mind Body) <i>Elspeth G.</i>

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>CANCELED: Hip Hop Fitness</b> Studio B <a href="#">Sign Up</a>							12:30PM-1:30PM (Dance) <i>Conny A.</i>



## Black Mountain YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP HEAVY</b> Fitness Studio <a href="#">Sign Up</a>				7:50AM-8:35AM (Strength) <i>Sadie G.</i>  4:30PM-5:30PM (Combination) <i>Sadie G.</i>			
<b>Barre</b> Fitness Studio <a href="#">Sign Up</a>				8:45AM-9:30AM (Barre) <i>Jennifer P.</i>			
<b>BODYCOMBAT</b> Fitness Studio <a href="#">Sign Up</a>				9:45AM-10:30AM (Cardio) <i>Jennifer P.</i>			
<b>Cardio Splash</b> Pool <a href="#">Sign Up</a>				10:00AM-11:00AM (Aquatics) <i>Rochelle B.</i>	10:00AM-11:00AM (Aquatics) <i>Rochelle B.</i>	11:45AM-12:30PM (Aquatics) <i>Dianna D.</i>	
<b>Pilates</b> Fitness Studio <a href="#">Sign Up</a>				11:00AM-12:00PM (Pilates) <i>Hannah K.</i>			11:30AM-12:30PM (Mind Body) <i>Jackaline S.</i>
<b>Chair Yoga</b> Fitness Studio <a href="#">Sign Up</a>				12:15PM-1:15PM (Mind Body) <i>Kathryn L.</i>			
<b>Little FIT Kids Club</b> Fitness Studio <a href="#">Sign Up</a>				3:00PM-3:30PM (Kids) <i>Laura M.</i>			
<b>Big FIT Kids Club</b> Fitness Studio <a href="#">Sign Up</a>				3:30PM-4:15PM (Kids) <i>Laura M.</i>			
<b>Define &amp; Align</b> Fitness Studio <a href="#">Sign Up</a>				5:45PM-6:45PM (Pilates) <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>Strength and Balance</b> Fitness Studio <a href="#">Sign Up</a>					7:30AM-8:15AM (Strength) <i>Jeryl S.</i>		
<b>Low Impact Fitness</b> Fitness Studio <a href="#">Sign Up</a>					8:30AM-9:15AM (Combination) <i>Jessica M.</i>		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>BODYPUMP</b> Fitness Studio <a href="#">Sign Up</a>					9:45AM-10:45AM (Combination) <i>Sadie G.</i>		
<b>Step &amp; Pump</b> Fitness Studio <a href="#">Sign Up</a>					11:00AM-12:00PM (Combination) <i>Julie H.</i>		
<b>Sit to be Fit</b> Fitness Studio <a href="#">Sign Up</a>					12:15PM-1:00PM (Combination) <i>Cyndy K.</i>		
<b>Tai Chi</b> Fitness Studio <a href="#">Sign Up</a>					1:30PM-2:25PM (Mind Body) <i>Jay L.</i>		
<b>Vinyasa Yoga</b> Fitness Studio <a href="#">Sign Up</a>					2:45PM-3:45PM (Mind Body) <i>Elle B.</i>		
<b>Cardio Dance</b> Fitness Studio <a href="#">Sign Up</a>					4:30PM-5:15PM (Dance) <i>Christey C.</i>		
<b>Cycle</b> Fitness Studio <a href="#">Sign Up</a>						8:45AM-9:30AM (General) <i>Lori P.</i>	
<b>Strength Fusion</b> Fitness Studio <a href="#">Sign Up</a>						9:45AM-10:45AM (Strength) <i>Julie H.</i>	
<b>Power Yoga</b> Fitness Studio <a href="#">Sign Up</a>						11:00AM-12:00PM (Mind Body) <i>Becca S.</i>	2:00PM-3:00PM (Mind Body) <i>Ed C.</i>