



Ferguson Family YMCA | May 4th - May 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Westridge CrossFit Westridge CrossFit Sign Up		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>Mandy M.</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>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>Elizabeth H.</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> 5:30PM-6:30PM (Combination) <i>Elizabeth H.</i>	9:00AM-10:00AM (Combination) <i>Elizabeth H.</i>	
Cycle Cycle Studio Sign Up		6:00AM-7:00AM (Cardio) <i>Steve B.</i> 9:00AM-10:00AM (Cardio) <i>Steve B.</i> 5:30PM-6:30PM (Cardio) <i>Amy T.</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>Katie K.</i>	9:15AM-10:15AM (Cardio) <i>Becky S.</i>	8:15AM-9:15AM (Cardio) <i>Christina W.</i>	
BODYPUMP Fitness Studio Sign Up		6:00AM-7:00AM (Combination) <i>Elizabeth B.</i> 5:30PM-6:15PM (Strength) <i>Peter W.</i>	8:15AM-9:00AM (Strength) <i>Corey J.</i>	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>	10:15AM-11:00AM (Combination) <i>Jack K.</i>
PAID-LiftMore for Bone Health Westridge CrossFit		8:15AM-9:00AM (Combination) <i>Mandy M.</i> 11:15AM-12:00PM (Combination) <i>Mandy M.</i>		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
Barre Fitness Studio Sign Up		8:15AM-9:00AM (Barre) <i>Linda R.</i>		8:15AM-9:00AM (Barre) <i>Danielle C.</i>			
BODYBALANCE Fitness Studio Sign Up		9:15AM-10:00AM (Mind Body) <i>Dawn S.</i>		9:15AM-10:00AM (Mind Body) <i>Dawn S.</i>			
Chair Yoga Multi-Purpose Room Sign Up		9:15AM-10:05AM (Mind Body) <i>Jasmine F.</i>					
Gentle Yoga Fitness Studio Sign Up		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>		
TRX Westridge CrossFit Sign Up		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>		
Rock Steady Boxing Fitness Studio		11:15AM-12:45PM (Combination) <i>Erica B.</i>		11:15AM-12:45PM (Combination) <i>Erica B.</i>			
Crafting Club Multi-Purpose Room		11:15AM-12:30PM (Healthy Aging Event) <i>Staff</i>					
Open Gym 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>	12:00PM-4:00PM (General) <i>Staff</i>	12:00PM-4:00PM (General) <i>Staff</i>	12:00PM-4:00PM (General) <i>Staff</i>
Creative Movement (ages 3-4) Multi-Purpose Room		4:30PM-5:00PM (Paid Program) <i>Danielle C.</i>					
Athletic Conditioning Fitness Studio Sign Up		4:30PM-5:15PM (Combination) <i>Amy A.</i>	6:00AM-6:45AM (Combination) <i>Bekah H.</i>	4:30PM-5:15PM (Combination) <i>Amy A.</i>	6:00AM-6:45AM (Combination) <i>Amy T.</i>		
Youth Ballet (ages 5-7) Multi-Purpose Room		5:15PM-6:00PM (Paid Program) <i>Danielle C.</i>					
Hip Hop Fitness Fitness Studio Sign Up		6:30PM-7:20PM (Dance) <i>Kim L.</i>					
Pilates Fitness Studio Sign Up			7:00AM-8:00AM (Pilates) <i>Carrie J.</i>				
BODYCOMBAT Multi-Purpose Room Sign Up			9:15AM-10:15AM (Combination) <i>Dawn S.</i>				
Zumba Fitness Studio Sign Up			10:15AM-11:05AM (Dance) <i>Miguel F.</i>		10:15AM-11:05AM (Dance) <i>Lena S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>		
Bridge Club Multi-Purpose Room			12:30PM-1:30PM (Healthy Aging Event) <i>Tom H.</i>				
Ferguson Fit Fitness Studio			1:00PM-2:00PM (Combination) <i>Lynne F.</i>		1:00PM-2:00PM (Combination) <i>Lynne F.</i>		
Cardio Step Fitness Studio Sign Up			5:30PM-6:15PM (Cardio) <i>Linda R.</i>				
CANCELED: BODYBALANCE Fitness Studio Sign Up			6:30PM-7:30PM (Mind Body) <i>Julie N.</i>				
Slow Flow Yoga Multi-Purpose Room Sign Up				10:15AM-11:05AM (Mind Body) <i>Tom H.</i>			10:15AM-11:30AM (Mind Body) <i>Tom H.</i>
Low Impact Fitness Fitness Studio Sign Up				10:15AM-11:05AM (Combination) <i>Lynne F.</i>			
BODYCOMBAT Fitness Studio Sign Up					8:15AM-9:00AM (Combination) <i>Dawn S.</i>		
Yogalates Multi-Purpose Room Sign Up					9:15AM-10:05AM (Mind Body) <i>Gillian H.</i>		



Corpening Memorial YMCA | May 4th - May 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Training Studio B Sign Up		5:30AM-6:15AM (General) <i>Suzanne H.</i>	9:00AM-9:45AM (Strength) <i>Beth P.</i>	5:30AM-6:15AM (General) <i>Suzanne H.</i>		10:00AM-10:45AM (Strength) <i>Leslie H.</i>	
Vinyasa Yoga Studio A Sign Up		9:00AM-10:00AM (Mind Body) <i>Miranda H.</i>		9:00AM-10:00AM (Mind Body) <i>Miranda H.</i>			
Cycle Cycle Studio Sign Up		9:00AM-9:45AM (General) <i>Leslie H.</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>Joyce B.</i>	
Fluid Movement Pool Sign Up		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>		
BODYPUMP Studio B Sign Up		10:00AM-11:00AM (Strength) <i>Taylor</i>		10:00AM-10:45AM (Strength) <i>Leslie H.</i>			
Tai Chi-Arthritis & Balance Studio A Sign Up		10:15AM-11:15AM (Mind Body) <i>Janice D.</i>		10:15AM-11:15AM (Mind Body) <i>Janice D.</i>			
Strength Fusion Studio B Sign Up		4:30PM-5:15PM (Strength) <i>Leslie H.</i>					
Pilates Studio A Sign Up		5:30PM-6:30PM (Mind Body) <i>Gergana A.</i>					2:00PM-3:00PM (Mind Body) <i>Gergana A.</i>
Line Dancing Gym Sign Up			8:00AM-8:45AM (Dance) <i>Beth P.</i>		8:00AM-8:45AM (Dance) <i>Michelle H.</i>		
Holy Yoga Studio A Sign Up			8:30AM-9:30AM (Mind Body) <i>Danielle B.</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>		
Strength and Balance Studio A Sign Up			10:00AM-10:45AM (Strength) <i>Beth P.</i>		10:00AM-10:45AM (Strength) <i>Sadie S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Splash Pool Sign Up			4:30PM-5:30PM (Aquatics) <i>Cris W.</i>				
RPM Cycle Studio Sign Up			4:30PM-5:15PM (General) <i>Leslie H.</i>				
Buti Yoga Studio A Sign Up			5:30PM-6:30PM (General) <i>Jordan L.</i>				
Cardio Fusion Studio B Sign Up				4:30PM-5:15PM (General) <i>Leslie H.</i>			
Zumba Lift Studio B Sign Up				6:00PM-6:45PM (General) <i>Tracy S.</i>			
Cardio Dance Studio B Sign Up					9:00AM-9:45AM (Strength) <i>Sadie S.</i>		
Line Dancing Studio B Sign Up						11:00AM-11:45AM (Dance) <i>Michelle H.</i>	



Hendersonville Family YMCA | May 4th - May 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP Express Fitness Studio Sign Up		5:45AM-6:30AM (Strength) <i>Mimi C.</i>	8:00AM-8:45AM (Combination) <i>Ann F.</i> 10:00AM-10:45AM (Combination) <i>Allyson B.</i>	5:45AM-6:30AM (Strength) <i>Mimi C.</i> 11:00AM-11:45AM (Combination) <i>Christina H.</i>	10:00AM-10:45AM (Combination) <i>Christina H.</i>		
Rise and Shine Fitness Studio Sign Up		8:00AM-8:45AM (Combination) <i>Lee H.</i>		8:00AM-8:45AM (Combination) <i>Lee H.</i>			
Athletic Conditioning Gym/Outside Sign Up		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>	
Step Fitness Studio Sign Up		9:00AM-9:45AM (Cardio) <i>Kelly M.</i>		9:00AM-9:45AM (Cardio) <i>Kelly M.</i>			
Cycle Cycle Studio Sign Up		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>Christina H.</i>	8:30AM-9:15AM (Cardio) <i>Claire N.</i>	
Hydro Burn Pool Sign Up		9:10AM-10:00AM (Aquatics) <i>Doreen B.</i> 6:10PM-7:00PM (Aquatics) <i>Doreen B.</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>
Barre Fitness Studio Sign Up		10:00AM-10:45AM (Barre) <i>Debby C.</i>	11:15AM-12:00PM (Combination) <i>Debby C.</i>	10:00AM-10:45AM (Barre) <i>Kelly M.</i>			
Cardio Dance Gym Sign Up		10:00AM-10:45AM (Dance) <i>Helen W.</i>		10:00AM-10:45AM (Dance) <i>Helen W.</i>			
Aqua Power Fusion Pool Sign Up		10:10AM-11:00AM (Aquatics) <i>Melissa F.</i>					
Tai Chi Fitness Studio Sign Up		12:00PM-12:55PM (Mind Body) <i>Sharon M.</i>		12:00PM-12:55PM (Mind Body) <i>Sharon M.</i>			
Slow Flow Yoga Fitness Studio Sign Up		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>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chair Yoga Fitness Studio Sign Up		2:15PM-3:15PM (Mind Body) Regina V.		2:15PM-3:15PM (Mind Body) Regina V.			
Strength Fusion Fitness Studio Sign Up		4:00PM-4:45PM (Strength) Melissa F.		4:00PM-4:45PM (Strength) Melissa F.			
BODYCOMBAT Fitness Studio Sign Up		5:00PM-5:55PM (Cardio) Ashley B.		5:00PM-5:55PM (Cardio) Ashley B.	8:00AM-8:45AM (Cardio) Allyson B.	8:30AM-9:15AM (Cardio) Allyson B.	
Zumba Fitness Studio Sign Up		6:00PM-6:55PM (Dance) Therese L.		6:00PM-6:55PM (Dance) Carmen V.		9:30AM-10:20AM (Dance) Therese L.	
Vinyasa Yoga Fitness Studio Sign Up		7:00PM-8:00PM (Mind Body) Elle B.		7:00PM-8:00PM (Mind Body) Elle B.		10:30AM-11:30AM (Mind Body) Lindsay F.	
Shapes Fitness Studio Sign Up			7:00AM-7:50AM (Combination) Ann F. 9:00AM-9:50AM (Strength) Ashley B. 4:00PM-4:50PM (Strength) Mirra S.		7:00AM-7:50AM (Combination) Ashley B.		
Pilates Gym Sign Up			8:00AM-8:45AM (Pilates) Lee H.		8:00AM-8:45AM (Mind Body) Wendy S.		
BODYCOMBAT Community Room Sign Up			8:00AM-8:45AM (Cardio) Allyson B.				
TRX Gym Sign Up			9:00AM-9:45AM (Strength) Mary A.				
Aqua Tabata Pool Sign Up			9:10AM-10:00AM (Aquatics) Melissa F.		9:10AM-10:00AM (Aquatics) Wendy S.		
Cardio Splash Pool Sign Up			10:10AM-11:00AM (Aquatics) Melissa F.		10:10AM-11:00AM (Aquatics) Wendy S.		
Gentle Yoga Gym Sign Up			11:00AM-11:55AM (Mind Body) Nancy Z.		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.		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Low Impact Fitness Gym Sign Up			12:15PM-1:10PM (Combination) <i>Linda C.</i>				
Pickle Ball Gym			1:15PM-3:15PM (General) <i>Staff</i>		1:15PM-3:15PM (General) <i>Staff</i>		
Tai Chi Club - Advanced Fitness Studio Sign Up			1:15PM-2:15PM (Mind Body) <i>Sharon M.</i>		1:15PM-2:15PM (Mind Body) <i>Sharon M.</i>		
Ageless Grace Community Room Sign Up			2:30PM-3:15PM (Combination) <i>Doreen B.</i>				
BODYPUMP Fitness Studio Sign Up			5:00PM-6:00PM (Combination) <i>Emily C.</i>		5:00PM-6:00PM (Combination) <i>Kathy B.</i>		
HIIT Gym Sign Up					5:45AM-6:30AM (Combination) <i>Todd S.</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>Roswitha F.</i> 10:00AM-10:45AM (Combination) <i>Trista C.</i>		
Low Impact Fitness Gym/Outside Sign Up					12:15PM-1:10PM (Mind Body) <i>Roxanna P.</i>		
Pilates Fitness Studio Sign Up					12:15PM-1:00PM (General) <i>Linda C.</i>		
Hip Hop Fitness Fitness Studio Sign Up						11:45AM-12:45PM (Dance) <i>Katie W.</i>	
Yoga Sculpt Fitness Studio Sign Up							12:00PM-1:00PM (Combination) <i>Bill A.</i>
Power Yoga Fitness Studio Sign Up							1:15PM-2:15PM (Mind Body) <i>Bill A.</i>



Reuter Family YMCA | May 4th - May 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Athletic Conditioning Functional Fitness Room Sign Up		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>Suzanne I.</i>	
CANCELED: Aqua Fit Pool Sign Up		8:00AM-8:50AM (Aquatics) <i>Joan M.</i>					
Functional Flow Mind Body Studio Sign Up		8:15AM-9:15AM (Combination) <i>Julia S.</i>		8:15AM-9:15AM (Combination) <i>Julia S.</i>			
PIYO Live Studio A Sign Up		8:15AM-9:15AM (General) <i>Gena S.</i>		8:15AM-9:15AM (General) <i>Gena S.</i>			
Cycle Cycle Studio Sign Up		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>	5:45AM-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>	
CANCELED: Hydro Burn Pool Sign Up		9:00AM-9:50AM (Aquatics) <i>Joan M.</i>					
Step & Pump Studio A Sign Up		9:30AM-10:20AM (Cardio) <i>Joy M.</i>		9:30AM-10:20AM (Cardio) <i>Joy M.</i>			
Core Conditioning Mind Body Studio Sign Up		9:30AM-10:20AM (General) <i>Gena S.</i>		9:30AM-10:20AM (Strength) <i>Gena S.</i>			
TRX Functional Fitness Room Sign Up		9:30AM-10:15AM (General) <i>Corey J.</i> 10:30AM-11:15AM (Strength) <i>Corey J.</i>	9:30AM-10:15AM (General) <i>Kelly H.</i>	9:30AM-10:15AM (Strength) <i>Karen B.</i> 10:30AM-11:15AM (Strength) <i>Elijah A.</i>		11:00AM-11:45AM (Strength) <i>Elijah A.</i>	
Pilates Mind Body Studio Sign Up		10:35AM-11:25AM (General) <i>Dianne H.</i>		10:35AM-11:25AM (Strength) <i>Karen B.</i>			
Dynamic Dance Studio A Sign Up		10:45AM-11:30AM (Dance) <i>Elaine C.</i>		10:45AM-11:30AM (Dance) <i>Elaine C.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chair Yoga Mind Body Studio Sign Up		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>		4:00PM-5:00PM (Mind Body) <i>Jessica M.</i>
BODYPUMP Express Studio A Sign Up		12:00PM-12:50PM (Strength) <i>Janine I.</i>		12:00PM-12:50PM (Strength) <i>Janine I.</i>		10:05AM-10:55AM (Strength) <i>Peter W.</i>	
HIT Functional Fitness Room Sign Up		12:15PM-1:00PM (High Intensity Interval) <i>Carolina P.</i>		12:15PM-1:00PM (High Intensity Interval) <i>Carolina P.</i>			
Ageless Grace Mind Body Studio Sign Up		1:00PM-1:45PM (Mind Body) <i>Vivian C.</i>		1:00PM-1:45PM (Mind Body) <i>Vivian C.</i>			
Somatic Yoga Mind Body Studio Sign Up		2:00PM-3:00PM (Mind Body) <i>Diana S.</i>					
Total Body Strength Studio A Sign Up		5:30PM-6:15PM (Strength) <i>Taylor D.</i>		5:30PM-6:15PM (Strength) <i>Taylor D.</i>			
Zumba Mind Body Studio Sign Up		6:05PM-6:55PM (Dance) <i>Curtis P.</i>		6:05PM-6:55PM (Dance) <i>Kathy B.</i>			
Paid Program-Bootcamp Functional Fitness Room			6:00AM-7:00AM (Strength) <i>Emily S.</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>Becky L.</i>		
BODYPUMP Studio A Sign Up			8:15AM-9:15AM (Strength) <i>Gena S.</i> 5:30PM-6:30PM (General) <i>Christina H.</i>		8:15AM-9:15AM (General) <i>Gena S.</i>		
Cycle Fusion Cycle Studio Sign Up			9:30AM-10:15AM (General) <i>Janine I.</i>				
Zumba Studio A Sign Up			9:30AM-10:20AM (Dance) <i>Jocelyn M.</i>		10:30AM-11:20AM (Dance) <i>Curtis P.</i>	11:10AM-12:00PM (Dance) <i>Becky L.</i>	
Aqua Fit Pool Sign Up			10:00AM-10:50AM (Aquatics) <i>Beth A.</i>	8:00AM-8:50AM (Aquatics) <i>Melissa F.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Tabata Pool Sign Up			11:00AM-11:50AM (Aquatics) <i>Beth A.</i>				
Flex and Stretch Mind Body Studio Sign Up			11:00AM-12:00PM (Mind Body) <i>Petra S.</i>		11:00AM-12:00PM (Mind Body) <i>Petra S.</i>		
Low Impact Fitness Studio A Sign Up			11:00AM-11:50AM (General) <i>Karen B.</i>				
Paid Program Functional Fitness Room			12:00PM-1:00PM (General) <i>Staff</i>		12:00PM-1:00PM (General) <i>Staff</i>		
Athletic Conditioning Studio A Sign Up			12:00PM-12:45PM (High Intensity Interval) <i>Caryl C.</i>				
Tai Chi-Arthritis & Balance Mind Body Studio Sign Up			12:45PM-1:45PM (Mind Body) <i>Merideth F.</i>		12:45PM-1:45PM (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			2:00PM-3:00PM (Mind Body) <i>Merideth F.</i>				
Sit to be Fit Mind Body Studio Sign Up			2:00PM-2:50PM (Combination) <i>Petra S.</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>				
Hydro Burn Pool Sign Up				9:00AM-9:50AM (Aquatics) <i>Melissa F.</i>			
TRX Tabata Functional Fitness Room Sign Up					9:30AM-10:15AM (Combination) <i>Caryl C.</i>		
Step Studio A Sign Up					9:30AM-10:20AM (Cardio) <i>Curtis P.</i>		
Tai Chi 101 Studio A Sign Up					2:00PM-3:00PM (Mind Body) <i>Merideth F.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba in the Park Lobby					6:00PM-7:00PM (Dance) <i>Staff</i>		
Hip Hop Fitness Studio A Sign Up						9:00AM-9:50AM (Dance) <i>Shellie W.</i>	1:00PM-1:50PM (General) <i>Illysa H.</i>
Power Yoga Mind Body Studio Sign Up						9:30AM-10:30AM (Mind Body) <i>Bill A.</i>	
Yoga in the Park Lobby						10:00AM-11:00AM (Mind Body) <i>Meredith G.</i>	
Somatic Relief Mind Body Studio Sign Up							11:30AM-12:30PM (Mind Body) <i>Meredith R.</i>
BODYPUMP HEAVY Studio A Sign Up							2:00PM-3:00PM (Strength) <i>Illysa H.</i>
Restorative Yoga Mind Body Studio Sign Up							2:30PM-3:45PM (Mind Body) <i>Kathryn L.</i>



Asheville YMCA | May 4th - May 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Racquetball Short Door Court Sign Up		6:00AM-6:50AM (General) Staff	6:00AM-6:50AM (General) Staff	7:00AM-7:50AM (General) Staff	7:00AM-7:50AM (General) Staff	8:00AM-8:50AM (General) Staff	11:10AM-12:00PM (General) Staff
		7:00AM-7:50AM (General) Staff	7:00AM-7:50AM (General) Staff	8:00AM-8:50AM (General) Staff	8:00AM-8:50AM (General) Staff	9:00AM-9:50AM (General) Staff	12:10PM-1:00PM (General) Staff
		8:00AM-8:50AM (General) Staff	8:00AM-8:50AM (General) Staff	9:00AM-9:50AM (General) Staff	9:00AM-9:50AM (General) Staff	10:00AM-10:50AM (General) Staff	1:10PM-2:00PM (General) Staff
		9:00AM-9:50AM (General) Shonna C.	9:00AM-9:50AM (General) Staff	10:00AM-10:50AM (General) Staff	10:00AM-10:50AM (General) Staff	11:00AM-11:50AM (General) Staff	2:10PM-3:00PM (General) Staff
		10:00AM-10:50AM (General) Shonna C.	10:00AM-10:50AM (General) Staff	11:00AM-11:50AM (General) Staff	11:00AM-11:50AM (General) Staff	12:00PM-12:50PM (General) Staff	3:10PM-4:00PM (General) Staff
		11:00AM-11:50AM (General) Staff	11:00AM-11:50AM (General) Staff	12:00PM-12:50PM (General) Staff	12:00PM-12:50PM (General) Staff	1:00PM-1:50PM (General) Staff	
		12:00PM-12:50PM (General) Staff	12:00PM-12:50PM (General) Staff	1:00PM-1:50PM (General) Staff	1:00PM-1:50PM (General) Staff	2:00PM-2:50PM (General) Staff	
		1:00PM-1:50PM (General) Staff	1:00PM-1:50PM (General) Staff	2:00PM-2:50PM (General) Staff	2:00PM-2:50PM (General) Staff	3:00PM-3:50PM (General) Staff	
		2:00PM-2:50PM (General) Staff	2:00PM-2:50PM (General) Staff	3:00PM-3:50PM (General) Staff	3:00PM-3:50PM (General) Staff	4:00PM-4:50PM (General) Staff	
		3:00PM-3:50PM (General) Staff	4:00PM-4:50PM (General) Staff	4:00PM-4:50PM (General) Staff	4:00PM-4:50PM (General) Staff	5:00PM-5:50PM (General) Staff	
		4:00PM-4:50PM (General) Staff	5:00PM-5:50PM (General) Staff	5:00PM-5:50PM (General) Staff	5:00PM-5:50PM (General) Staff		
		5:00PM-5:50PM (General) Staff	6:00PM-6:50PM (General) Staff	6:00PM-6:50PM (General) Staff	6:00PM-6:50PM (General) Staff		
		6:00PM-6:50PM (General) Staff	7:00PM-7:50PM (General) Staff	7:00PM-7:50PM (General) Staff			
		7:00PM-7:50PM (General) Staff					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Cycle Studio Sign Up		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> 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>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Racquetball Tall Door Court Sign Up		6:30AM-7:20AM (General) Staff	6:30AM-7:20AM (General) Staff	6:30AM-7:20AM (General) Staff	6:30AM-7:20AM (General) Staff	7:30AM-8:20AM (General) Staff	11:30AM-12:20PM (General) Staff
		7:30AM-8:20AM (General) Staff	7:30AM-8:20AM (General) Staff	7:30AM-8:20AM (General) Staff	7:30AM-8:20AM (General) Staff	8:30AM-9:20AM (General) Staff	12:30PM-1:20PM (General) Staff
		8:30AM-9:20AM (General) Staff	8:30AM-9:20AM (General) Staff	8:30AM-9:20AM (General) Staff	8:30AM-9:20AM (General) Staff	9:30AM-10:20AM (General) Staff	1:30PM-2:20PM (General) Staff
		9:30AM-10:20AM (General) Staff	9:30AM-10:20AM (General) Staff	9:30AM-10:20AM (General) Staff	9:30AM-10:20AM (General) Staff	10:30AM-11:20AM (General) Staff	2:30PM-3:20PM (General) Staff
		10:30AM-11:20AM (General) Staff	10:30AM-11:20AM (General) Staff	10:30AM-11:20AM (General) Staff	10:30AM-11:20AM (General) Staff	11:30AM-12:20PM (General) Staff	3:30PM-4:20PM (General) Staff
		11:30AM-12:20PM (General) Staff	11:30AM-12:20PM (General) Staff	11:30AM-12:20PM (General) Staff	11:30AM-12:20PM (General) Staff	12:30PM-1:20PM (General) Staff	
		12:30PM-1:20PM (General) Staff	12:30PM-1:20PM (General) Staff	12:30PM-1:20PM (General) Staff	12:30PM-1:20PM (General) Staff	1:30PM-2:20PM (General) Staff	
		1:30PM-2:20PM (General) Staff	1:30PM-2:20PM (General) Staff	1:30PM-2:20PM (General) Staff	1:30PM-2:20PM (General) Staff	2:30PM-3:20PM (General) Staff	
		2:30PM-3:20PM (General) Staff	2:30PM-3:20PM (General) Staff	2:30PM-3:20PM (General) Staff	2:30PM-3:20PM (General) Staff	3:30PM-4:20PM (General) Staff	
		3:30PM-4:20PM (General) Staff	3:30PM-4:20PM (General) Staff	3:30PM-4:20PM (General) Staff	3:30PM-4:20PM (General) Staff	4:30PM-5:20PM (General) Staff	
		4:30PM-5:20PM (General) Staff	4:30PM-5:20PM (General) Staff	4:30PM-5:20PM (General) Staff	4:30PM-5:20PM (General) Staff	5:30PM-6:20PM (General) Staff	
		5:30PM-6:20PM (General) Staff	5:30PM-6:20PM (General) Staff	5:30PM-6:20PM (General) Staff	5:30PM-6:20PM (General) Staff		
		6:30PM-7:20PM (General) Staff	6:30PM-7:20PM (General) Staff	6:30PM-7:20PM (General) Staff	6:30PM-7:20PM (General) Staff		
		7:30PM-8:20PM (General) Staff	7:30PM-8:20PM (General) Staff	7:30PM-8:20PM (General) Staff	7:30PM-8:20PM (General) Staff		
Flex and Stretch Gym Sign Up		8:30AM-9:20AM (Combination) Shona		8:30AM-9:20AM (Combination) Karen J.			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Athletic Conditioning Studio O Sign Up		8:30AM-9:15AM (Combination) <i>Suzanne I.</i>	8:30AM-9:15AM (Combination) <i>Suzanne I.</i> 5:30PM-6:15PM (Combination) <i>James P.</i>	8:30AM-9:15AM (Combination) <i>Julie W.</i>	8:30AM-9:15AM (Combination) <i>Suzanne I.</i>		
Gentle Yoga Multi-Purpose Room Sign Up		9:00AM-10:15AM (Mind Body) <i>Dede B.</i>					
Hydro Burn South Pool Sign Up		9:00AM-9:50AM (Aquatics) <i>Shonna C.</i>	9:30AM-10:20AM (Aquatics) <i>Shonna C.</i> 2:00PM-3:00PM (Aquatics) <i>Karen C.</i>	9:00AM-9:50AM (Aquatics) <i>Shonna C.</i>	2:00PM-3:00PM (Aquatics) <i>Dee A.</i>		
Pilates Studio Sign Up		9:45AM-10:45AM (Pilates) <i>Raven B.</i>					
Cardio Splash South Pool Sign Up		10:00AM-10:50AM (Aquatics) <i>Shonna C.</i>			9:30AM-10:20AM (Aquatics) <i>Karen C.</i>		
Legends Basketball (35+) 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>	
TRX Multi-Purpose Room Sign Up		11:00AM-11:45AM (Strength) <i>Julie W.</i>	12:00PM-12:45PM (Strength) <i>Shona</i>	11:00AM-11:45AM (Strength) <i>Julie W.</i> 4:30PM-5:15PM (Strength) <i>Shona</i>	12:00PM-12:45PM (Strength) <i>Shona</i>	8:30AM-9:15AM (Strength) <i>JD D.</i>	
BODYPUMP Express Studio Sign Up		11:00AM-11:45AM (Strength) <i>Karen J.</i>		11:00AM-11:45AM (Strength) <i>Karen J.</i>			
BODYBALANCE Multi-Purpose Room Sign Up		12:00PM-1:00PM (Mind Body) <i>Shona</i>	7:15AM-8:15AM (Mind Body) <i>Karen J.</i>	12:00PM-1:00PM (Mind Body) <i>Shona</i>			
Strength Fusion Studio Sign Up		12:00PM-1:00PM (Strength) <i>Kristina S.</i>		12:00PM-1:00PM (Strength) <i>Kristina S.</i>			
Deep Water Fitness South Pool Sign Up		2:00PM-3:00PM (Aquatics) <i>Amy L.</i>		2:00PM-3:00PM (Aquatics) <i>Amy L.</i>	8:30AM-9:20AM (Aquatics) <i>Amy L.</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>	2:15PM-4:15PM (General) <i>Staff</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CANCELED: TRX Multi-Purpose Room Sign Up		4:30PM-5:15PM (Strength) Becca S.					
Vinyasa Yoga Studio Sign Up		4:30PM-5:30PM (Mind Body) Jen W.		4:30PM-5:30PM (Mind Body) Vinita K.	9:30AM-10:30AM (Mind Body) Jen W.		12:30PM-1:30PM (Mind Body) Jen W.
BODYCOMBAT Studio Sign Up		5:45PM-6:30PM (Cardio) Dawn S.		5:45PM-6:30PM (Cardio) Tracy D.			
Slow Flow Yoga Multi-Purpose Room Sign Up		6:00PM-7:00PM (Mind Body) Brittany C.		6:00PM-7:00PM (Mind Body) Willow D.			
Zumba Studio Sign Up		6:45PM-7:45PM (Dance) Delia R.			12:00PM-1:00PM (Dance) Delia R.		
BODYPUMP Studio Sign Up			6:00AM-6:55AM (Strength) Roxanne B. 4:15PM-5:15PM (Strength) Laura R.		6:00AM-6:55AM (Strength) Laura R. 10:45AM-11:45AM (Strength) Kristina S.	9:30AM-10:20AM (Strength) Roxanne B.	1:45PM-2:45PM (Strength) Peter W.
Low Impact Fitness Gym Sign Up			8:30AM-9:30AM (Combination) Karen J.		8:30AM-9:30AM (Combination) Cynthia L.		
Booty Barre Studio Sign Up			9:45AM-10:45AM (Barre) Eva V.				
Chair Yoga Multi-Purpose Room Sign Up			10:30AM-11:30AM (Mind Body) Dede B.		10:30AM-11:30AM (Mind Body) Shona		
Fluid Movement South Pool Sign Up			10:30AM-11:20AM (Aquatics) Shonna C.		10:30AM-11:20AM (Aquatics) Karen C.		
Total Body Training Studio Sign Up			11:00AM-11:50AM (Strength) Suzanne I.				
All-Stars Basketball (50+) Gym			11:45AM-1:45PM (General) Staff		11:45AM-1:45PM (General) Staff		
CANCELED: Zumba Studio Sign Up			12:00PM-1:00PM (Dance) Rico S.				
Cycle Express Cycle Studio Sign Up			12:00PM-12:30PM (Cardio) Suzanne I.		12:30PM-1:00PM (Cardio) Suzanne I.		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Paid Program Power Moves Multi-Purpose Room			1:00PM-2:00PM (Strength) <i>Kristina S.</i>				
Vinyasa Yoga Multi-Purpose Room Sign Up			4:00PM-5:15PM (Mind Body) <i>Raven B.</i>	9:00AM-10:15AM (Mind Body) <i>Dede B.</i>			
PAID PROGRAM Little Ninjas Studio O			4:30PM-5:05PM (Kids) <i>Megan C.</i>				
Hip Hop Fitness Studio Sign Up			5:30PM-6:30PM (Dance) <i>Eleanor W.</i>			10:45AM-11:45AM (Dance) <i>Eleanor W.</i>	
Core Conditioning Studio Sign Up				9:45AM-10:45AM (Strength) <i>Suzanne I.</i>	1:15PM-2:15PM (Strength) <i>Suzanne I.</i>		
Aqua Zumba South Pool Sign Up				10:00AM-10:50AM (Aquatics) <i>Lena S.</i>			
Power Yoga Multi-Purpose Room Sign Up					4:00PM-5:00PM (Mind Body) <i>Shonna C.</i>		
BODYBALANCE Studio Sign Up						8:15AM-9:15AM (Mind Body) <i>Tracy D.</i>	
PAID PROGRAM Kids Ballet Multi-Purpose Room						9:30AM-10:15AM (Kids) <i>Gracie C.</i>	12:00PM-12:45PM (Kids) <i>Gracie C.</i>
Yogalates Studio Sign Up						12:00PM-1:00PM (Mind Body) <i>Raven B.</i>	
BODYPUMP HEAVY Studio Sign Up							9:30AM-10:30AM (Strength) <i>Kristina S.</i>
Gentle Yoga Studio Sign Up							3:45PM-4:45PM (Mind Body) <i>Shonna C.</i>



Woodfin YMCA | May 4th - May 10th

	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>		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>	10:30AM-11:15AM (Cardio) <i>Devi S.</i>
The Groove Studio B Sign Up		8:00AM-8:45AM (Dance) <i>Leanna J.</i>		8:00AM-8:45AM (Dance) <i>Leanna J.</i>			
Yogalates Studio A Sign Up		8:00AM-8:45AM (Combination) <i>Gillian H.</i>		8:00AM-8:45AM (Combination) <i>Gillian H.</i>			
Vinyasa Yoga Studio A Sign Up		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>Leanna J.</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>
BODYPUMP Studio B Sign Up		10:15AM-11:15AM (Strength) <i>Shelley N.</i>		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>	
Pilates Studio A Sign Up		10:15AM-11:15AM (Pilates) <i>Vinita K.</i> 4:15PM-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> 4:15PM-5:00PM (Pilates) <i>Jay H.</i>	11:15AM-12:15PM (Pilates) <i>Shonna C.</i>		
Les Mills Pilates Studio B Sign Up		11:30AM-12:15PM (Pilates) <i>Shelley N.</i>					
Gentle Yoga Studio A Sign Up		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
Strength Fusion Studio B Sign Up		1:30PM-2:15PM (Strength) Conny A.	9:00AM-9:45AM (Strength) Jessica M.	1:30PM-2:15PM (Strength) Lori P.	9:00AM-9:45AM (Strength) Jennifer B.		9:30AM-10:15AM (Strength) Jennifer B. 11:30AM-12:15PM (Strength) Devi S.
Hip Hop Fitness Studio B Sign Up		5:15PM-6:15PM (Dance) Katie W.	6:00PM-7:00PM (Dance) Katie W.	5:15PM-6:15PM (Dance) Kim L.			12:30PM-1:30PM (Dance) Katie W.
Strength Fusion Heavy Studio B Sign Up			8:00AM-8:45AM (Strength) Jennifer B.		8:00AM-8:45AM (Strength) Jennifer B.		
Zumba Gold Studio B Sign Up			10:00AM-10:45AM (Dance) Nancy H.				
TRX Studio B Sign Up			11:15AM-12:00PM (Strength) Jessica M. 5:00PM-5:45PM (Strength) Conny A.		11:15AM-12:00PM (Strength) Suzanne I.		
Cycle Fusion Studio B Sign Up			12:15PM-1:15PM (Combination) Jay H.				
567BROADWAY! Studio B Sign Up				11:30AM-12:15PM (Dance) Conny A.			
Barre Studio A Sign Up				5:15PM-6:15PM (Barre) Jay H.			
BODYPUMP HEAVY Studio B Sign Up				6:30PM-7:30PM (Strength) Peter W.			
Zumba Studio B Sign Up					10:00AM-10:45AM (Dance) Eugenia W.	12:15PM-1:00PM (Dance) Lena S.	
BODYPUMP Express Studio B Sign Up					12:15PM-1:00PM (Strength) Cameron W.		
BODYBALANCE Studio A Sign Up						8:45AM-9:45AM (Mind Body) Kate C.	
The Groove Studio A Sign Up						10:00AM-10:45AM (Dance) Judy O.	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tai Chi Studio B Sign Up						2:00PM-3:00PM (Mind Body) <i>Alejandro S.</i>	



Black Mountain YMCA | May 4th - May 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP HEAVY Fitness Studio Sign Up		7:45AM-8:30AM (Strength) <i>Sadie G.</i>		7:50AM-8:35AM (Strength) <i>Jami</i> 4:30PM-5:30PM (Combination) <i>Sadie G.</i>			
Low Impact Fitness Fitness Studio Sign Up		8:45AM-9:30AM (General) <i>Jeryl S.</i>			8:30AM-9:15AM (Combination) <i>Jessica M.</i>		
Tai Chi Studio O Sign Up		9:30AM-10:30AM (Outside) <i>Jay L.</i>					
HIIT Fitness Studio Sign Up		9:45AM-10:45AM (Cardio) <i>Erica G.</i>	4:30PM-5:15PM (Cardio) <i>Lori P.</i>				
Vinyasa Yoga Fitness Studio Sign Up		11:00AM-12:00PM (Mind Body) <i>Michele B.</i>					
Aqua Tabata Pool Sign Up		11:15AM-12:00PM (Aquatics) <i>Jeryl S.</i>	5:30PM-6:15PM (Aquatics) <i>Tracy A.</i>				
Chair Yoga Fitness Studio Sign Up		12:15PM-1:15PM (Mind Body) <i>Kathryn L.</i>		12:15PM-1:15PM (Mind Body) <i>Kathryn L.</i>			
Sit to be Fit Fitness Studio Sign Up		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>		
Power Yoga Fitness Studio Sign Up		3:15PM-4:15PM (Mind Body) <i>Ed C.</i>		3:15PM-4:15PM (Mind Body) <i>Raven B.</i>			2:00PM-3:00PM (Mind Body) <i>Ed C.</i>
BODYPUMP Fitness Studio Sign Up		4:30PM-5:30PM (Combination) <i>Jami</i>	9:45AM-10:45AM (Combination) <i>Sadie G.</i>		9:45AM-10:45AM (Combination) <i>Jami</i>		
Athletic Conditioning Fitness Studio Sign Up			7:45AM-8:40AM (Combination) <i>Malynda K.</i>				
Step Fitness Studio Sign Up			8:45AM-9:30AM (Cardio) <i>Jeryl S.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Standing Stretch Studio O Sign Up			9:30AM-10:00AM (Outside) <i>Jeryl S.</i>				
Barre Fitness Studio Sign Up			11:00AM-12:00PM (Barre) <i>Jami</i>	8:45AM-9:30AM (Barre) <i>Jennifer P.</i>			
Cardio Splash Pool Sign Up			11:15AM-12:15PM (Aquatics) <i>Sue S.</i>	11:15AM-12:15PM (Aquatics) <i>Dianna D.</i>	11:15AM-12:15PM (Aquatics) <i>Rochelle B.</i>	11:45AM-12:30PM (Aquatics) <i>Rochelle B.</i>	
Line Dancing Fitness Studio Sign Up			1:15PM-2:15PM (Dance) <i>Jeryl S.</i>				
Rock Steady Boxing Fitness Studio			2:30PM-3:30PM (General) <i>Lori P.</i>				
Tai Chi for Energy Fitness Studio Sign Up			5:30PM-6:30PM (Mind Body) <i>Jay L.</i>				
BODYCOMBAT Fitness Studio Sign Up				9:45AM-10:30AM (Cardio) <i>Jennifer P.</i>			
Pilates Fitness Studio Sign Up				11:00AM-12:00PM (Pilates) <i>Hannah K.</i>			11:30AM-12:30PM (Mind Body) <i>Raven B.</i>
Cycle Fusion Fitness Studio Sign Up					6:00AM-7:00AM (Combination) <i>Carla M.</i>		
Strength and Balance Fitness Studio Sign Up					7:30AM-8:15AM (Strength) <i>Sadie S.</i>		
CANCELED: Standing Stretch Studio O Sign Up					8:20AM-8:50AM (Outside) <i>Jeryl S.</i>		
Step & Pump Fitness Studio Sign Up					11:00AM-12:00PM (Combination) <i>Julie H.</i>		
Tai Chi Fitness Studio Sign Up					1:30PM-2:25PM (Mind Body) <i>Jay L.</i>		
Cardio Dance Fitness Studio Sign Up					4:30PM-5:15PM (Dance) <i>Christey C.</i>		
Strength Fusion Fitness Studio Sign Up						9:45AM-10:45AM (Strength) <i>Julie H.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Power Yoga Flow Fitness Studio Sign Up						11:00AM-12:00PM (Mind Body) <i>Michele B.</i>	