



Hickory Foundation YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp Functional Training Room (Sycamore Room) REGISTER	5:00AM-5:45AM (Strength) <i>Nikki I.</i> 6:00AM-6:45AM (Strength) <i>Nikki I.</i>		5:00AM-5:45AM (Strength) <i>Nikki I.</i> 6:00AM-6:45AM (Strength) <i>Nikki I.</i>		5:00AM-5:45AM (Strength) <i>Nikki I.</i> 6:00AM-6:45AM (Strength) <i>Nikki I.</i>		
Fit and Strong Studio A (Dogwood Room)	8:00AM-8:45AM (Senior) <i>Kathleen C.</i>	8:00AM-8:45AM (Senior) <i>Kathleen C.</i>	8:00AM-8:45AM (Senior) <i>Jessica M.</i>	8:00AM-8:45AM (Senior) <i>Kathleen C.</i>	8:00AM-8:45AM (Senior) <i>Kathleen C.</i>		
Cycle Cycle Room (Oak Room) REGISTER	8:00AM-8:45AM (Cycle) <i>Molly A.</i> 6:00PM-6:45PM (Cycle) <i>Kim V.</i>	5:15AM-6:00AM (Cycle) <i>Tammy H.</i> 6:00PM-6:45PM (Cycle) <i>Kim V.</i>	8:00AM-8:45AM (Cycle) <i>Kathleen C.</i>	5:15AM-6:00AM (Cycle) <i>Tammy H.</i> 5:30PM-6:15PM (Cycle) <i>Jessica M.</i>		8:15AM-9:00AM (Cycle) <i>Jessica M.</i>	
Silver Sneakers Classic Studio A (Dogwood Room)	9:00AM-9:45AM (Senior) <i>Adele H.</i>		9:00AM-9:45AM (Senior) <i>Nikki I.</i> 10:00AM-10:45AM (Senior) <i>Nikki I.</i>		9:00AM-9:45AM (Senior) <i>Adele H.</i> 10:00AM-10:45AM (Senior) <i>Nikki I.</i>		
HIIT Functional Training Room (Sycamore Room) REGISTER	9:00AM-9:45AM (Strength) <i>Kathleen C.</i>						
Yoga (Mixed Levels) Magnolia REGISTER	9:00AM-10:00AM (Yoga) <i>Jay J.</i>	5:30PM-6:30PM (Yoga) <i>Mindy M.</i>	9:00AM-10:00AM (Yoga) <i>Jay J.</i>	11:00AM-12:00PM (Yoga) <i>Libby T.</i> 5:30PM-6:30PM (Yoga) <i>Libby T.</i>	9:00AM-10:00AM (Yoga) <i>Libby T.</i>	10:00AM-11:15AM (Yoga) <i>Libby T.</i> 11:30AM-12:45PM (Yoga) <i>Libby T.</i>	
Shallow Water Exercise Indoor Pool	10:00AM-11:00AM (Water) <i>Greg C.</i>	6:00PM-7:00PM (Water) <i>Sharon T.</i>					
Senior Yoga Studio A (Dogwood Room)	10:00AM-10:45AM (Senior) <i>Molly A.</i>			9:00AM-9:45AM (Senior) <i>Libby T.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Power Cuts Functional Training Room (Sycamore Room) REGISTER	10:00AM-10:45AM (Strength) <i>Kathleen C.</i>	8:00AM-8:45AM (Strength) <i>Jessica M.</i>	10:00AM-10:45AM (Strength) <i>Kathleen C.</i>	9:00AM-9:45AM (Strength) <i>Kathleen C.</i> 5:30PM-6:15PM (Strength) <i>Jody F.</i>		9:00AM-9:45AM (Strength) <i>Jody F.</i>	
Cardio Punch Functional Training Room (Sycamore Room) REGISTER	5:30PM-6:15PM (Cardio) <i>Jody F.</i>	9:00AM-9:45AM (Cardio) <i>Toni N.</i>					
Upbeat Barre™ Magnolia REGISTER	5:30PM-6:15PM (Barre Pilates Core) <i>Betsy S.</i>						
Zumba Studio A (Dogwood Room) REGISTER	6:00PM-6:45PM (Dance) <i>Tawny H.</i>					10:00AM-10:45AM (Dance) <i>Alexandria T.</i>	
TRX Studio A (Dogwood Room) REGISTER		6:00AM-6:45AM (Strength) <i>Kathryn A.</i>		6:00AM-6:45AM (Strength) <i>Kathryn A.</i>			
Gentle Fit & Strong Studio A (Dogwood Room)		9:00AM-9:45AM (Senior) <i>Libby T.</i>					
Rhythmic Cycle Cycle Room (Oak Room) REGISTER		9:00AM-9:45AM (Cycle) <i>Kathleen C.</i>			9:00AM-9:45AM (Cycle) <i>Kathleen C.</i>		
Deep Water Indoor Pool		10:00AM-11:00AM (Water) <i>Toni N.</i>					
Core Strength Functional Training Room (Sycamore Room) REGISTER		10:00AM-10:45AM (Barre Pilates Core) <i>Kathleen C.</i>					
Stretch & Flow Magnolia REGISTER		10:00AM-10:45AM (Yoga) <i>Molly A.</i>					
Power Circuit Functional Training Room (Sycamore Room) REGISTER		5:30PM-6:15PM (Strength) <i>Jody F.</i>					
Cardio Strength Interval Functional Training Room (Sycamore Room) REGISTER			9:00AM-9:45AM (Strength) <i>Kathleen C.</i>				
Aqua Blast Indoor Pool			10:00AM-11:00AM (Water) <i>Greg C.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Making Move For Parkinson's Studio A (Dogwood Room)			11:00AM-11:45AM (Wellness) <i>Toni N.</i>				
Cycle Express Cycle Room (Oak Room) REGISTER			12:00PM-12:30PM (Cycle) <i>Tammy H.</i>				
20/20/20 Functional Training Room (Sycamore Room) REGISTER			4:30PM-5:30PM (Cardio) <i>Stacy R.</i>				
Zumba Functional Training Room (Sycamore Room) REGISTER			6:00PM-6:45PM (Dance) <i>Amanda G.</i>				
TRX Circuit Studio A (Dogwood Room) REGISTER			6:00PM-6:45PM (Strength) <i>Jessica M.</i>				
Aqua Zumba Indoor Pool				10:00AM-10:45AM (Water) <i>Tawny H.</i>			
Cardio Punch Studio A (Dogwood Room) REGISTER				10:00AM-10:45AM (Cardio) <i>Toni N.</i>			
Barre Magnolia REGISTER				10:00AM-10:45AM (Barre Pilates Core) <i>Libby T.</i>	8:00AM-8:45AM (Barre Pilates Core) <i>Libby T.</i>		
Functional Boxing Studio A (Dogwood Room)				11:00AM-11:45AM (Wellness) <i>Toni N.</i>			
Barre Express Magnolia REGISTER				12:15PM-12:45PM (Barre Pilates Core) <i>Libby T.</i>			
Cardio Dance Functional Training Room (Sycamore Room) REGISTER					9:00AM-9:45AM (Dance) <i>Toni N.</i>		
All About Bands Functional Training Room (Sycamore Room) REGISTER					10:00AM-10:45AM (Strength) <i>Kathleen C.</i>		



Lincoln County Family YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Strength Interval Group Ex Studio REGISTER	5:10AM-6:00AM (Strength) <i>Ginger B.</i> 9:00AM-9:45AM (Strength) <i>Kari R.</i>						
Water Fitness Pool REGISTER	8:00AM-8:45AM (Water) <i>Alisha F.</i>	9:30AM-10:15AM (Water) <i>Betsy S.</i>		9:30AM-10:15AM (Water) <i>Betsy S.</i>	8:00AM-8:45AM (Water) <i>Alisha F.</i>		
Chair Yoga Group Ex Studio	10:00AM-10:45AM (Yoga) <i>Stacy M.</i>		10:00AM-10:45AM (Yoga) <i>Hundley M.</i>				
Group Power Group Ex Studio REGISTER	5:30PM-6:15PM (Strength) <i>Dina B.</i>		5:30PM-6:15PM (Strength) <i>Dina B.</i>			9:00AM-9:45AM (Strength) <i>Dina B.</i>	
Women's Progressive Weight Training *Fee based class Fitness Floor REGISTER		8:15AM-9:15AM (Paid Programming) <i>Amanda R.</i> 9:30AM-10:30AM (Paid Programming) <i>Amanda R.</i>		8:15AM-9:15AM (Paid Programming) <i>Amanda R.</i> 9:30AM-10:30AM (Paid Programming) <i>Amanda R.</i>			
Foundation Training Group Ex Studio REGISTER		9:15AM-10:00AM (Strength) <i>Gail C.</i>					
Arthritis Fitness - Water Pool REGISTER		1:00PM-1:45PM (Water) <i>Betsy S.</i>					
Group Active Group Ex Studio REGISTER		5:30PM-6:15PM (Strength) <i>Emily E.</i>					
Zumba Group Ex Studio REGISTER		6:30PM-7:15PM (Dance) <i>Taylor A.</i>		6:45PM-7:30PM (Dance) <i>Amber H.</i>			
Cycle Group Ex Studio REGISTER			5:10AM-6:00AM (Cycle) <i>Ginger B.</i>		9:00AM-9:45AM (Cycle) <i>Dawn S.</i>		
Yoga (Mixed Levels) Group Ex Studio REGISTER			9:00AM-9:45AM (Yoga) <i>Hundley M.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Strength Express Group Ex Studio				8:30AM-9:00AM (Strength) <i>Betsy S.</i>			
HIIT Group Ex Studio REGISTER					5:10AM-6:00AM (Strength) <i>Hayley R.</i>		



Adrian L. Shuford Jr. YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Spin Studio	6:00AM-6:45AM (Cycle) <i>Todd D.</i> 10:30AM-11:15AM (Cycle) <i>Cindy W.</i> 6:00PM-6:45PM (Cycle) <i>Cindy W.</i>	4:30PM-5:15PM (Cycle) <i>Cindy W.</i>	6:00AM-6:45AM (Cycle) <i>Todd D.</i> 10:30AM-11:15AM (Cycle) <i>Cindy W.</i>	4:30PM-5:15PM (Cycle) <i>Cindy W.</i>			
Yoga (Mixed Levels) Yoga	7:30AM-8:15AM (Yoga) <i>Pete D.</i>		6:30PM-7:15PM (Yoga) <i>Pete D.</i>	12:00PM-12:45PM (Yoga) <i>Pete D.</i>	7:30AM-8:15AM (Yoga) <i>Pete D.</i>	8:30AM-9:15AM (Yoga) <i>Pete D.</i>	4:00PM-4:45PM (Yoga) <i>Pete D.</i>
20/20/20 Group Exercise Studio	8:30AM-9:15AM (Cardio) <i>Miriam B.</i>		8:30AM-9:15AM (Cardio) <i>Miriam B.</i>				
Deep Water Pool	8:30AM-9:15AM (Water) <i>Maryia J.</i> 6:00PM-6:45PM (Water) <i>Maryia J.</i>	8:30AM-9:15AM (Water) <i>Patti M.</i> 6:00PM-6:45PM (Water) <i>Maryia J.</i>	8:30AM-9:15AM (Water) <i>Betty T.</i> 6:00PM-6:45PM (Water) <i>Maryia J.</i>	8:30AM-9:15AM (Water) <i>Patti M.</i> 6:00PM-6:45PM (Water) <i>Maryia J.</i>	8:45AM-9:30AM (Water) <i>Betty T.</i>		
Zumba Group Exercise Studio	9:30AM-10:15AM (Dance) <i>Vasti U.</i>	6:30PM-7:15PM (Dance) <i>Vasti U.</i>		9:30AM-10:15AM (Dance) <i>Vasti U.</i> 6:30PM-7:15PM (Dance) <i>Shavodka N.</i>	5:30PM-6:15PM (Dance) <i>Shavodka N.</i>		
Shallow Water Exercise Pool	10:00AM-10:45AM (Water) <i>Maryia J.</i>		10:00AM-10:45AM (Water) <i>Vasti U.</i>		9:45AM-10:30AM (Water) <i>Betty T.</i>		
Silver Sneakers Classic Group Exercise Studio	11:00AM-11:45AM (Senior) <i>Nikki I.</i> 12:00PM-12:45PM (Senior) <i>Nikki I.</i>	11:15AM-12:00PM (Senior) <i>Nikki I.</i>	11:00AM-11:45AM (Senior) <i>Miriam B.</i> 12:00PM-12:45PM (Senior) <i>Patti M.</i>		11:00AM-11:45AM (Senior) <i>Miriam B.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Silver Wings Pool	12:00PM-12:45PM (Water) Vanessa S.		12:00PM-12:45PM (Water) Vanessa S.		12:00PM-12:45PM (Water) Vanessa S.		
TRX TRX Studio	5:30PM-6:15PM (Strength) Michelle W.	4:30PM-5:15PM (Strength) Kellie M.	4:30PM-5:15PM (Strength) Kellie M.	8:30AM-9:15AM (Strength) Miriam B.		8:30AM-9:15AM (Strength) Kellie M. 9:30AM-10:15AM (Strength) Kellie M.	
Pound Group Exercise Studio	5:30PM-6:15PM (Cardio) Kim H.		9:30AM-10:15AM (Cardio) Kim H.				
Xtreme Hip Hop Group Exercise Studio	6:30PM-7:15PM (Cardio) Maria P.					10:30AM-11:15AM (Cardio) Maria P.	
Bootcamp Group Exercise Studio		6:00AM-6:45AM (Strength) Nikki I.					
Pilates Max Group Exercise Studio		8:30AM-9:15AM (Barre Pilates Core) Kim H.		8:30AM-9:15AM (Barre Pilates Core) Kim H.			
Body Sculpt Group Exercise Studio		9:15AM-10:00AM (Strength) Miriam B.					
Line Dancing Yoga		10:00AM-10:45AM (Dance) Patti M.	4:30PM-5:15PM (Dance) Patti M.				
Barre Group Exercise Studio		10:15AM-11:00AM (Barre Pilates Core) Tammy L.				8:15AM-9:15AM (Barre Pilates Core) Kim H.	
Power Cuts Group Exercise Studio		5:30PM-6:15PM (Strength) Vanessa S.		5:30PM-6:15PM (Strength) Vanessa S.			
Step and Strength Group Exercise Studio			5:30PM-6:15PM (Strength) Michelle W.				
Pilates Group Exercise Studio				4:45PM-5:30PM (Barre Pilates Core) Kim H.			
M.A.D. Group Exercise Studio					8:30AM-9:15AM (Cardio) Miriam B.		
Deep Stretch Yoga					4:30PM-5:15PM (Yoga) Kim H.		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Yoga Pool					6:30PM-7:15PM (Water) <i>Nikki L.</i>		
Core Strength Group Exercise Studio							3:00PM-3:45PM (Barre Pilates Core) <i>Pete D.</i>



Sallys YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stronger Gym REGISTER	8:30AM-9:15AM (Strength) <i>Lauren R.</i>				8:30AM-9:15AM (Strength) <i>Lauren R.</i>		
Step Large Group Exercise REGISTER	8:30AM-9:15AM (Cardio) <i>Lauren C.</i>						
Women's Progressive Weight Training *Fee based class Fitness Floor REGISTER	9:30AM-10:30AM (Paid Programming) <i>London S.</i>	9:30AM-10:30AM (Paid Programming) <i>Kellie W.</i>	9:30AM-10:30AM (Paid Programming) <i>Kellie W.</i>	9:30AM-10:30AM (Paid Programming) <i>Kellie W.</i>			
Barre Large Group Exercise REGISTER	9:30AM-10:15AM (Barre Pilates Core) <i>Lauren C.</i>		8:30AM-9:15AM (Barre Pilates Core) <i>Lauren C.</i>				
Cycle Gym REGISTER	9:30AM-10:15AM (Cycle) <i>Lauren R.</i>		9:30AM-10:15AM (Cycle) <i>Lauren C.</i>		9:30AM-10:15AM (Cycle) <i>Lauren R.</i>		
Deep Stretch Large Group Exercise REGISTER	10:30AM-11:15AM (Yoga) <i>Lauren C.</i>		10:30AM-11:15AM (Yoga) <i>Becca R.</i>			9:30AM-10:15AM (Yoga) <i>Lauren C.</i>	
Cardio Strength: Low Impact Large Group Exercise REGISTER	11:30AM-12:15PM (Strength) <i>Mary C.</i>	10:45AM-11:30AM (Strength) <i>Abi M.</i>	11:30AM-12:15PM (Strength) <i>Mary C.</i>	10:45AM-11:30AM (Strength) <i>Abi M.</i>			
CO-ED SMALL GROUP WEIGHTLIFTING Fitness Floor REGISTER	5:30PM-6:30PM (Paid Programming) <i>Garrett H.</i>	5:30PM-6:30PM (Paid Programming) <i>Garrett H.</i>	5:30PM-6:30PM (Paid Programming) <i>London S.</i>	5:30PM-6:30PM (Paid Programming) <i>Garrett H.</i>			
Bootcamp Large Group Exercise REGISTER		6:00AM-6:45AM (Strength) <i>Dawn S.</i>		5:30AM-6:15AM (Strength) <i>Dawn S.</i>			
Yoga (Mixed Levels) Large Group Exercise REGISTER		8:30AM-9:15AM (Yoga) <i>Becca R.</i>	6:00PM-7:00PM (Yoga) <i>Stacy M.</i>				
Cardio Kickbox Gym REGISTER		8:30AM-9:15AM (Cardio) <i>Lauren C.</i>					
Cycle Cycle Studio REGISTER		8:30AM-9:15AM (Cycle) <i>Kenneth B.</i>		8:30AM-9:15AM (Cycle) <i>Kenneth B.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Power Large Group Exercise REGISTER		9:30AM-10:30AM (Strength) <i>Heather G.</i>		9:30AM-10:30AM (Strength) <i>Lauren C.</i>			
Glute & Core Gym REGISTER		9:30AM-10:15AM (Barre Pilates Core) <i>Lauren R.</i>					
Stretch & Flow Large Group Exercise REGISTER		5:30PM-6:30PM (Yoga) <i>Michele S.</i>					
Cardio Strength Interval Gym REGISTER			8:30AM-9:15AM (Strength) <i>Kellie W.</i>				
Stronger Large Group Exercise REGISTER			9:30AM-10:15AM (Strength) <i>Mary C.</i>			8:30AM-9:15AM (Strength) <i>Lauren C.</i>	
Power Circuit Gym REGISTER				8:30AM-9:15AM (Strength) <i>Lauren R.</i>			
Power Flow Large Group Exercise REGISTER				8:30AM-9:15AM (Yoga) <i>Lauren C.</i>			
Cardio Dance Large Group Exercise REGISTER					8:30AM-9:15AM (Dance) <i>Lauren C.</i>		



Phifer Family YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Fitness Pool	9:00AM-9:45AM (Water) <i>Willow C.</i> 10:00AM-10:45AM (Water) <i>Willow C.</i>		9:00AM-10:00AM (Water) <i>Willow C.</i>		10:00AM-10:45AM (Water) <i>Willow C.</i>		
Fit and Strong Group Exercise Studio REGISTER	9:00AM-9:45AM (Senior) <i>Beth P.</i> 10:00AM-10:45AM (Senior) <i>Beth P.</i>		9:00AM-9:45AM (Senior) <i>Patricia H.</i> 10:00AM-10:45AM (Senior) <i>Patricia H.</i>		9:00AM-9:45AM (Senior) <i>Amy Q.</i> 10:00AM-10:45AM (Senior) <i>Patricia H.</i>		
Yoga (Mixed Levels) Group Exercise Studio	11:00AM-12:00PM (Yoga) <i>Karin N.</i>	11:00AM-12:00PM (Yoga) <i>Karin N.</i>	11:00AM-12:00PM (Yoga) <i>Karin N.</i>	11:00AM-12:00PM (Yoga) <i>Karin N.</i> 6:30PM-7:15PM (Yoga) <i>Stephanie C.</i>	11:00AM-12:00PM (Yoga) <i>Karin N.</i>	9:15AM-10:00AM (Yoga) <i>Patricia H.</i>	
Line Dancing Group Exercise Studio	12:15PM-1:00PM (Dance) <i>Beth P.</i>						
Cycle Express Group Exercise Studio REGISTER	5:30PM-6:00PM (Cycle) <i>Lindsay C.</i>	4:30PM-5:00PM (Cycle) <i>Lindsay C.</i>	12:15PM-12:45PM (Cycle) <i>Amy Q.</i>	4:30PM-5:00PM (Cycle) <i>Maggie W.</i>			
Cardio Dance Group Exercise Studio	6:15PM-7:00PM (Dance) <i>Cara S.</i>					10:15AM-11:00AM (Dance) <i>Cara S.</i>	
Pilates Group Exercise Studio		8:15AM-9:00AM (Barre Pilates Core) <i>Janna K.</i>		8:15AM-9:00AM (Barre Pilates Core) <i>Janna K.</i>			
Balance & Strength Group Exercise Studio		9:15AM-10:00AM (Strength) <i>Beth P.</i>					
Cardio Strength: Low Impact Group Exercise Studio		10:00AM-10:45AM (Strength) <i>Beth P.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Zumba Pool		5:30PM-6:15PM (Water) <i>Maggie W.</i>		5:30PM-6:30PM (Water) <i>Maggie W.</i>			
Body Sculpt Group Exercise Studio		5:30PM-6:15PM (Strength) <i>Lindsay C.</i>					
Athletic Stretch Group Exercise Studio		6:30PM-7:00PM (Yoga) <i>Lindsay C.</i>					
Arthritis Fitness - Water Pool			10:00AM-11:00AM (Water) <i>Willow C.</i>				
Step Group Exercise Studio REGISTER			5:30PM-6:15PM (Cardio) <i>Cara S.</i>				
All About Bands Group Exercise Studio				5:45PM-6:15PM (Strength) <i>Cara S.</i>			
Cycle Strength Group Exercise Studio REGISTER					5:45AM-6:30AM (Cycle) <i>Alex T.</i>		
POP Pilates Group Exercise Studio						8:15AM-9:00AM (Barre Pilates Core) <i>Janna K.</i>	