

Sun

Mon

Tue

Wed

Thu

Fri

Sat

July Group Exercise Schedule

Quote of the Month

"We are, each of us, angels with only one wing, and we can only fly embracing each other." – Luciano Decrescenzo

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YMCA CLOSED

Happy
July 4th!



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8:15a: Yoga: Caren
9a: TaiChi: Eric

6pm: INDEPENDENCE PARTY! TurboKick/ Hustle
Come & Celebrate our Last time ROCKING Rd. 39!
Wear your RED, BLUE & WHITE!

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6:00a:Cycle: D
8:15a: Yoga / Pilates: Caren
9:15a: PS: Trish
10:15a: St 6St: Caren
4:30p: Total Strength:Takeela
5:30: 666: Jessi
6:15p: Cardio Bar Box: Kim
6:00p: Power Cycle: Dave
7:00p: Cycle: Corey
7:15p: Zumba: Uretha
8:15p: Power Yoga: Sarah

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8:15a: Yoga: Caren
9a: TaiChi: Eric
9:15a: Total Strength: Takeela
10:15a: GF- Christy
4:30p: Step: Christy
5:30p: Core Power: Takeela
6:00p: NEW ROUND!!!! Round 40!!!! New Turbo Kickers this is your class!!! Takeela
7p: Yoga/Pilates: Sarah

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8:30a: 666: (45min) Caren
9:15a: NEW ROUND!!!! Round 40!!!! New Turbo Kickers this is your class!!! Takeela
10:15: Pump: Trish
5:00p: POWER STRENGTH (30min) Takeela
5:30p: Track Attack: Jessi
5:45p: Yoga: Jarrius
6:45p: Fat Burn Fusion: Kim
6:00p: Power Cycle: Dave

9

6a: Cycle: Corey
8:15a: Power Yoga: Jarrius
9:15a: Track Attack: Christy
10:15a: GF: Trish
5:45p: TurboKick: Jen

10

8a: Yoga: Maggie
9:15a: PS: Takeela
10:20: CYCLE: Dave

11

1:15p: CYCLE (IHR): Dave
2p: Hip Hop Hustle: Keydish
3p: Yoga: Sarah

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8:15a: Yoga: Jarrius
9a: TaiChi: Eric
9:15a: PS: Takeela
10:15a: GF: Christy
4:30p: Yoga: Jarrius
5:30p: Athletic Conditioning: Takeela
6:00p: Cycle: Susan
6:15p: PS: Takeela

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6:00a:Cycle: D
8:15a: Yoga / Pilates: Donna
9:15a: PS: Trish
10:15a: St 6St: Trish
4:30p: TurboSculpt: Takeela
5:30: 666: Jessi
6:15p: Cardio Bar Box: Kim
6:00p: Power Cycle: Dave
7:00p: Cycle: Corey
7:15p: Zumba: Uretha
8:15p: Power Yoga: Sarah

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8:15a: Yoga: Donna
9a: TaiChi: Eric
9:15a: Total Strength: Takeela
10:15a: GF- Christy
4:30p: Double Step: Christy
5:30p: Core Power: Takeela
6:00p: TurboKick: Takeela
7p: Yoga/Pilates: Sarah

15

8:30a: 666: (45min) Takeela
9:15a: Turbo Kick: Trish
10:15: Pump: Takeela
5:00p: POWER STRENGTH (30min) Takeela
5:30p: Track Attack: Jessi
5:45p: Yoga: Jarrius
6:45p: Zumba: Dacia
6:00p: Power Cycle: Dave

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6a: Cycle: Corey
8:15a: Power Yoga: Jarrius
9:15a: PS: Christy
10:15a: GF: Trish
5:45p: TurboKick: Tamara

17

8a: Yoga: Sarah
9:15a: Track Attack: Christy
10:20: CYCLE: Dave

18

1:15p: CYCLE (IHR): Dave
2p: Zumba: Dacia
3p: Yoga: Maggie

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8:15a: Yoga: Donna
9a: TaiChi: Eric
9:15a: Step & KB: Takeela
10:15a: GF: Christy
4:30p: Yoga: Jarrius
5:30p: Athletic Conditioning: Takeela
6:00p: Cycle: Susan
6:15p: Hip Hop Hustle: Takeela

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6:00a:Cycle: D
8:15a: Yoga / Pilates: Donna
9:15a: PS: Takeela
10:15a: St 6St: Caren
4:30p: Total Strength: Takeela
5:30: 666: Jessi
6:15p: Ballistic Cardio: Dacia
6:00p: Power Cycle: Dave
7:00p: Cycle: Corey
7:15p: Zumba: Uretha
8:15p: Power Yoga: Sarah

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8:15a: Yoga: Caren
9a: TaiChi: Eric
9:15a: Total Strength:Takeela
10:15a: GF- Christy
4:30p: Step: Christy
5:30p: Core Power: Takeela
6:00p: TurboKick: Takeela
7p: Yoga/Pilates: Sarah

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8:30a: 666: (45min) Caren
9:15a: Turbo Kick: Takeela
10:15: Pump: Takeela
5:00p: POWER STRENGTH (30min) Takeela
5:30p: Track Attack: Jessi
5:45p: Yoga: Jarrius
6:45p: Ballistic Cardio: Dacia
6:00p: Power Cycle: Dave

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6a: Cycle: Corey
8:15a: Power Yoga: Jarrius
9:15a: Track Attack: Christy
10:15a: GF:
5:45p: TurboKick: Takeela

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8a: Yoga: Maggie
9:15a: PS: Christy
10:20: CYCLE: Dave

25

1:15p: CYCLE (IHR): Dave
2p: Hip Hop Hustle: Keydish
3p: Yoga: Maggie

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8:15a: Yoga: Donna
9a: TaiChi: Eric
9:15a: PS: Takeela
10:15a: GF: Christy
4:30p: Yoga: Jarrius
5:30p: Athletic Conditioning: Jessie
6:00p: Cycle: Susan
COME & TURBO WITH ME at Fitness at the Fountain downtown Greensboro!!!

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6:00a:Cycle: D
8:15a: Yoga / Pilates: Donna
9:15a: PS: Trish
10:15a: St 6St: Caren
4:30p: TurboSculpt: Takrrrla
5:30: 666: Jessi
6:15p: Cardio Bar Box: Kim
6:00p: Power Cycle: Dave
7:00p: Cycle: Corey
7:15p: Zumba: Uretha
8:15p: Power Yoga: Sarah

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8:15a: Yoga: Caren
9a: TaiChi: Eric
9:15a: Total Strength:Takeela
10:15a: GF- Christy
4:30p: Double Step: Christy
5:30p: Core Power: Takeela
6:00p: Turbo Kick: Takeela
7p: Yoga/Pilates: Sarah

29

8:30a: 666: (45min) Takeela
9:15a: Turbo Kick: Trish
10:15: Pump: Takeela
5:00p: POWER STRENGTH (30min) Takeela
5:30p: Track Attack: Jessi
5:45p: Yoga: Jarrius
6:45p: Fat Burn Fusion: Kim
6:00p: Power Cycle: Dave

30

6a: Cycle: Corey
8:15a: Power Yoga: Jarrius
9:15a: PS: Christy
10:15a: GF: Trish
5:45p: TurboKick: Jen

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8a: Yoga: Maggie
9:15a: Track Attack: Chriddy
10:20: CYCLE: Dave