

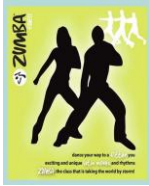



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Friendly Reminder!</p> <p>Please arrive to classes on time for proper set up and don't forget your water!</p> <p>Please be courteous to others. Turn on your cell phone ringers during class.</p> <p style="text-align: right;">Thank you!</p>				<p>1</p> <p>6:00a- CS- Cycle- D. 8:10a- Rm.1- SS Cardio*- Lynne 8:30a- Rm.3- Yoga- Alison 9:00a- Rm.1- T&S- Helen 10:00a- Rm.1- SS "Mat Free" Yoga Stretch- Anne 12:00p- Rm.1- ET- Jen 4:45p- Rm.3- BB - Circuit X- Alicia 5:30p- CS- Cycle X- Jen 5:30 Rm.1- Instructor's Choice- Kelly 6:00p- Rm.3- Yoga- Ramona 6:30p- Rm.1- FabAbs X- Kelly</p>	<p>2</p> <p>6:00a- Rm.3- Sweat- Veronica 6:00a- Rm.1- Yoga- Ann 8:10a- RM.1- SS Cardio*- Lynne 9:00a- Rm.1- BS- Alicia 10:00a-Rm.1- RM.1- SS ROM*- Alicia 12:00p- Rm.1- Yoga1- Anne 12:15p- CS- Cycle X- Jen 5:30 Rm.1- 20's- Sheila</p>	<p>3</p> <p>8:00a- Rm.1- Yoga- Anne 9:15a- Rm.1- Turbo Kick- Alicia 9:30a- CS- Cycle- Jen</p> 
<p>4</p>  <p>YMCA Closed</p>	<p>5</p> <p>6:00a- Rm.1- S&S- Veronica 8:10a- RM.1- SS ROM*- Lynne 9:00a- Rm.1- Turbo Kick- Alicia 11:00a- Rm.1- Tai Chi- Eric 12:00p- Rm.1- ZUMBA- Alison 12:00p- CS- Cycle- Courtney 4:30p- Rm.1- ET- Dacia 5:30p- Rm.1- XI- Jen 5:30p-Rm.3- Pilates- Anne 6:00p- CS- Cycle- Sally 6:30p-Rm.3- Yoga2- Gina</p>	<p>6</p> <p>6:00a- CS- Cycle- Alicia 6:00a- Rm.1- Yoga- Anne 9:00a- Rm.1- T&S- Helen 10:00a- CS- Cycle X- Alicia 12:00p- Rm.1- Turbo Kick- Alison 4:45p- Rm.3- BB Yoga X - Anne 4:30p- Rm.1- PS- Dacia 5:30p- Rm.1- FB Express- Janet 5:30p- Rm.3- FabAbs- Dacia 6:00p- Rm.3- Yoga1- Ramona 6:15p- CS*- Cycle *- Jen 6:30p- Rm.1- PS- Lindsay</p>	<p>7</p> <p>6:00a- Rm.1- ET- Veronica 8:10a- Rm.1- RM.1- SS ROM*- Lynne 9:00a- Rm.1- Hi/Lo- Helen 9:00a- Rm.3- Yoga2- Alison 10:00a- RM.1- SS ROM*- Alicia 11:00a- Rm.1- Tai Chi- Eric 12:00p- Rm.1- ZUMBA- Dacia 12:00p- CS- Cycle- Courtney 4:30p- Rm.1- Turbo Kick- Alison 5:30p- Rm.1- 20's- Sheila 5:30p-Rm.3- Pilates- Anne 6:00p- CS- Cycle- Kelly 6:30p- Rm.1- S&S- Susan</p>	<p>8</p> <p>6:00a- CS- Cycle- Sally 8:10a- Rm.1- SS Cardio*- Alicia 8:30a- Rm.3- Yoga- Suzanne 9:00a- Rm.1- T&S- Helen 10:00a- Rm.1- SS "Mat Free" Yoga Stretch- Anne 12:00p- Rm.1- ET- Cindy 4:45p- Rm.3- BB - Ballistic Cardio- Dacia 5:30p- CS- Cycle X- Dacia 5:30 Rm.1- XI- Kelly 6:00p- Rm.3- Yoga- Courtney 6:30p- Rm.1- FabAbs X- Kelly</p>	<p>9</p> <p>6:00a- Rm.3- Sweat- Veronica 6:00a- Rm.1- Yoga- Anne 8:10a- RM.1- SS Cardio*- Lynne 9:00a- Rm.1- BS- Helen 10:00a-Rm.1- RM.1- SS Cardio*- Anne 12:00p- Rm.1- Yoga1- Anne 12:15p- CS- Cycle X- Courtney 5:30p- Rm.1- HHH- Alicia</p>	<p>10</p> <p>8:00a- Rm.1- Yoga- Anne 9:15a- Rm.1- FB Challenge- Janet 9:30a- CS- Cycle- Sally</p>
<p>11</p> <p>2:00p- Rm.1- S&S- Veronica 3:15p- Rm.1- Yoga1- Courtney</p>	<p>12</p> <p>6:00a- Rm.1- ET- Veronica 8:10a- RM.1- SS Cardio*- Anne 9:00a- Rm.1- Hi/Lo- Helen 9:00a- Rm.3- MatFlex- Anne 10:00a- Rm.1- SS ROM*- Alicia 11:00a- Rm.1- Tai Chi- Eric 12:00p- Rm.1- XI- Cindy 12:00p- CS- Cycle- Courtney 4:30p- Rm.1- ET- Alicia 5:30p- Rm.1- XI- Linda 5:30p-Rm.3- Pilates- Anne 6:00p- CS- Cycle- Katie 6:30p- Rm.1- PS- Lindsay 6:30p-Rm.3- Yoga2- Gina</p>	<p>13</p> <p>6:00a- CS- Cycle- Sally 6:00a- Rm.1- Yoga- Ann 9:00a- Rm.1- T&S- Helen 10:00a- CS- Cycle X- Alicia 12:00p- Rm.1- XI- Mary Beth 4:45p- Rm.3- BB Yoga X - Anne 4:30p- Rm.1- PS- Cindy 5:30p- Rm.1- S&S- Janet 5:30p- Rm.3- FabAbs- Cindy 6:00p- Rm.3- Yoga1- Ramona 6:15p- CS*- Cycle *- Jen 6:30p- Rm.1- HHH- Lindsay</p>	<p>14</p> <p>6:00a- Rm.1- CP- Shaunna 8:10a- Rm.1- RM.1- SS ROM*- Lynne 9:00a- Rm.1- CP- Helen 9:00a- Rm.3- Yoga2- Ann 10:00a- Rm.1- RM.1- SS Cardio*- Anne 11:00a- Rm.1- Tai Chi- Eric 12:00p- Rm.1- S&S- Dacia 12:00p- CS- Cycle- Courtney 4:30p- Rm.1- ET- Donna 5:30p- Rm.1- CP- Linda 5:30p-Rm.3- Pilates- Anne 6:00p- CS- Cycle- Jen 6:30p- Rm.1- XI- Susan</p>	<p>15</p> <p>6:00a- CS- Cycle- D. 8:10a- Rm.1- SS Cardio*- Lynne 8:30a- Rm.3- Yoga- Suzanne 9:00a- Rm.1- T&S- Helen 10:00a- Rm.1- SS "Mat Free" Yoga Stretch- Anne 12:00p- Rm.1- ET- Cindy 4:45p- Rm.3- BB Yoga- Anne 5:30p- CS- Cycle X- Alicia 5:30 Rm.1- Instructor's Choice - Kelly 6:00p- Rm.3- Yoga- Courtney 6:30p- Rm.1- FabAbs X- Kelly</p>	<p>16</p> <p>6:00a- Rm.3- Sweat- Veronica 6:00a- Rm.1- Yoga- Ann 8:10a- RM.1- SS ROM*- Lynne 9:00a- Rm.1- Hi/Lo- Helen 10:00a-Rm.1- RM.1- SS ROM*- Anne 12:00p- Rm.1- Yoga1- Anne 12:15p- CS- Cycle X- Courtney 5:30p- Rm.1- S&S- Linda</p>	<p>17</p> <p>8:00a- Rm.1- Yoga- Anne 9:15a- Rm.1- FB- Anne 9:30a- CS- Cycle- Jen</p>

Sun 18	Mon 19	Tue 20	Wed 21	Thu 22	Fri 23	Sat 24
2:00p- Rm.1- ZUMBA- Alison 3:15p- Rm.1- Yoga1- Alison 	6:00a- Rm.1- Sweat- Veronica 8:10a- Rm.1- SS ROM*- Lynne 9:00a- Rm.1- Hi/Lo- Anne 10:00a- Rm.1- SS ROM*- Anne 11:00a- Rm.1- Tai Chi- Eric 12:00p- Rm.1- XI- Cindy 12:00p- CS- Cycle- Courtney 4:30p- Rm.1- ET- Alicia 5:30p- Rm.1- S&S- Linda 5:30p-Rm.3- Pilates- Anne 6:00p- CS- Cycle- Sally 6:30p- Rm.1- HHH – Lindsay 6:30p-Rm.3- Yoga2- Gina	6:00a- CS- Cycle- L. Barefoot 6:00a- Rm.1- Yoga- Ann 9:00a- Rm.1- T&S- Anne 10:00a- CS- Cycle X- Jen 12:00p- Rm.1- ET- Jen 4:30p- Rm.1- XI- Cindy 4:45p- Rm.3- BB Yoga X - Anne 5:30p- Rm.1- FB Express- Janet 5:30p- Rm.3- FabAbs- Cindy 6:00p- Rm.3- Yoga1- Ramona 6:15p- CS- Cycle *- Jen 6:30p- Rm.1- PS- Lindsay	6:00a- Rm.1- ET- Veronica 8:10a- Rm.1- RM.1- SS ROM*- Lynne 9:00a- Rm.1- Hi/Lo- Helen 9:00a- Rm.3- Yoga2- Alison 10:00a- Rm.1- Rm.1- SS ROM*- Anne 11:00a- Rm.1- Tai Chi- Eric 12:00p- Rm.1- PS- Dacia 12:00p- CS- Cycle- Courtney 4:30p- Rm.1- ET- Jen 5:30p- Rm.1-CP- Linda 5:30p-Rm.3- Pilates- Anne 6:00p- CS- Cycle- Jen 6:30p- Rm.1- HIIT- Alicia	6:00a- CS- Cycle- Sally 8:10a- Rm.1- SS Cardio*- Lynne 8:30a- Rm.3- Yoga- Alison 9:00a- Rm.1- T&S- Anne 10:00a- Rm.1- SS "Mat Free" Yoga Stretch- Anne 12:00p- Rm.1- ET- Cindy 4:45p- Rm.3- BB T&F- Alicia 5:30p- 5:30p- CS- Cycle X- Alicia 5:30 Rm.1- ET- Kelly 6:00p- Rm.3- Yoga- Courtney 6:30p- Rm.1- FabAbs X- Kelly	6:00a- Rm.3- Sweat- Veronica 6:00a- Rm.1- Yoga- Ann 8:10a- Rm.1- SS ROM*- Lynne 9:00a- Rm.1- CP- Anne 10:00a- RM.1- SS Cardio*- Anne 12:00p- Rm.1- Yoga1- Anne 12:15p-CS- Cycle X- Courtney 5:30 Rm.1- ET- Linda	8:00a- Rm.1- Yoga- Anne 9:15a- Rm.1- FB- Anne 9:30a- CS- Cycle- Jen 
25 2:00p- Rm.1-Turbo Kick- Alison 3:15p- Rm.1- Yoga1- Alison	26 6:00a- Rm.1- S&S- Veronica 8:10a- Rm.1- SS Cardio*- Alicia 9:00a- Rm.1- Turbo Kick- Alicia 9:00a- Rm.3- MatFlex- Mary Beth 10:00a- Rm.1- SS ROM*- Alicia 11:00a- Rm.1- Tai Chi- Eric 12:00p- Rm.1- Sculpt Fusion - Cindy 12:00p- CS- Cycle- Courtney 4:30p- Rm.1- ET- Dacia 5:30p- Rm.1- CP- Linda 5:30p-Rm.3- Pilates- Anne 6:00p- CS- Cycle- Katie 6:30p- Rm.1- PS- Lindsay 6:30p-Rm.3- Yoga2- Gina	27 6:00a- CS- Cycle- Alicia 6:00a- Rm.1- Yoga- Ann 9:00a- Rm.1- T&S- Helen 10:00a- CS- Cycle X- Alicia 12:00p- Rm.1- 20's- May Beth 4:45p- Rm.3- BB Yoga X - Anne 4:30p- Rm.1- ZUMBA- Dacia 5:30p- Rm.1- Hi/Lo- Janet 5:30p- Rm.3- FabAbs- Cindy 6:00p- Rm.3- Yoga1- Ramona 6:15p- CS- Cycle *- Jen 6:30p- Rm.1- ZUMBA - Lindsay	28 6:00a- Rm.1- XI- Shaunna 8:10a- Rm.1- RM.1- SS ROM*- Alicia 9:00a- Rm.1- Hi/Lo- Helen 9:00a- Rm.3- Yoga2- Ann 10:00a- Rm.1- SS Cardio*-Anne 11:00a- Rm.1- Tai Chi- Eric 12:00p- Rm.1- ZUMBA- Dacia 12:00p- CS- Cycle- Courtney 4:30p- Rm.1- ET- Jen 5:30p- Rm.1- S&S- Linda 5:30p-Rm.3- Pilates- Anne 6:00p- CS- Cycle- Kelly 6:30p- Rm.1- XI- Jen	29 6:00a- CS- Cycle- Sally 8:10a- Rm.1- SS Cardio*- Alicia 8:30a- Rm.3- Yoga- Ann 9:00a- Rm.1- T&S- Helen 10:00a- Rm.1- SS "Mat Free" Yoga Stretch- Anne 12:00p- Rm.1- ET- Cindy 4:45p- Rm.3- BB Dance Fever- Alicia 5:30p- CS- Cycle X- Alicia 5:30 Rm.1- XI - Kelly 6:00p- Rm.3- Yoga- Courtney 6:30p- Rm.1- FabAbs X- Kelly	30 6:00a- Rm.3- Sweat- Veronica 6:00a- Rm.1- Yoga- Ann 9:00a- Rm.1- CP- Anne 10:00a- RM.1- SS Cardio*- Anne 12:00p- Rm.1- Yoga1- Anne 12:15p-CS- Cycle X- Courtney 5:30 Rm.1- ET- Linda	31 8:00a- Rm.1- Yoga- Anne 9:15a- Rm.1- ET- Jen 9:30a- CS- Cycle- Sally

July Special Classes and New Programs

TaeKwonDo – Join the Greensboro Black Belt Academy and learn the art of TaeKwonDo. Pick up a registration form or visit our website for more information.

T'ai Chi – Learn the ancient practice of T'ai Chi with Eric Reiss of *Silk Tiger School of T'ai Chi Ch'uan*. Classes meet Monday and Wednesday from 11:00am-12:00pm in Aerobics Rm.1 (4-week sessions) Note: Class fees have changed \$20/members \$35/ non-members.

Dance Lessons- Learn how to **Salsa** with Tim Saunders on Fridays at 5:30pm in Aerobics Rm.3. Session starts June 25th - July 30th. Fee is \$25 members/\$40 non-members.

Silver Sneakers Class Descriptions

Silver Sneakers (SS) Muscular Strength & Range of Motion (ROM)-This class is designed to increase strength, range of movement, balance, and sense of well-being. All are welcome.

Silver Sneakers Yoga Stretch- This "Mat Free" stretching class consists of yoga-like moves in and out of a chair. Never on the floor!

Silver Sneakers Cardio – This class focuses more on cardiovascular training. Low intensity workout performed mostly out of the chair. Perfect for health seekers!

* Denotes a 45-minute class

X Denotes a 30-minute class

BB BusyBodies class designed for children ages 5 and up.