



Ferguson Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Westridge CrossFit Westridge CrossFit Sign Up	5:00AM-6:00AM (Combination) Kevin H. 6:00AM-7:00AM (Combination) Kevin H. 7:00AM-8:00AM (Combination) Kevin H. 9:00AM-10:00AM (Combination) Kevin H. 6:00PM-7:00PM (Combination) Kevin H.	5:00AM-6:00AM (Combination) Mandy M. 6:00AM-7:00AM (Combination) Mandy M. 7:00AM-8:00AM (Combination) Mandy M. 9:00AM-10:00AM (Combination) Mandy M. 6:00PM-7:00PM (Combination) Elizabeth H.	6:00AM-7:00AM (Combination) Kevin H. 7:00AM-8:00AM (Combination) Kevin H. 9:00AM-10:00AM (Combination) Mandy M. 6:00PM-7:00PM (Combination) Elizabeth H.	5:00AM-6:00AM (Combination) Mandy M. 6:00AM-7:00AM (Combination) Mandy M. 7:00AM-8:00AM (Combination) Mandy M. 9:00AM-10:00AM (Combination) Mandy M. 6:00PM-7:00PM (Combination) Kevin H.			
Athletic Conditioning Fitness Studio Sign Up	6:00AM-6:45AM (Combination) Linda R.	4:30PM-5:15PM (Combination) Amy A.	6:00AM-6:45AM (Combination) Steve B.	4:30PM-5:15PM (Combination) Amy A.			
BODYPUMP Fitness Studio Sign Up	8:15AM-9:00AM (Strength) Corey J.	6:00AM-6:55AM (Combination) Elizabeth B. 5:30PM-6:15PM (Strength) Karen J.	8:15AM-9:00AM (Strength) Corey J.	6:00AM-6:55AM (Strength) Elizabeth B. 5:30PM-6:30PM (Strength) Illysa H.			
Gentle Yoga Fitness Studio Sign Up	9:15AM-10:05AM (Mind Body) Sascha	10:15AM-11:05AM (Mind Body) Cynthia C.	9:15AM-10:05AM (Mind Body) Sascha				
Cycle Cycle Studio Sign Up	9:15AM-10:00AM (Cardio) Shelley N. 5:30PM-6:30PM (Cardio) Bekah H.	6:00AM-7:00AM (Cardio) Steve B. 9:00AM-10:00AM (Cardio) Steve B. 5:30PM-6:30PM (Cardio) Amy T.	9:00AM-10:00AM (Cardio) Steve B.	6:00AM-7:00AM (Cardio) Steve B. 9:00AM-10:00AM (General) Steve B. 5:30PM-6:30PM (Cardio) Suzanne I.			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TRX Westridge CrossFit Sign Up	10:15AM-11:00AM (Strength) Corey J.	10:15AM-11:00AM (General) Steve B.	10:15AM-11:00AM (Strength) Corey J.	10:15AM-11:00AM (General) Steve B.			
Zumba Fitness Studio Sign Up	10:15AM-11:05AM (Dance) Deborah P.		10:15AM-11:05AM (Dance) Miguel F.				
Low Impact Fitness Fitness Studio Sign Up	11:15AM-12:05PM (Combination) Lynne F.			10:15AM-11:05AM (Combination) Lynne F.			
Ferguson Fit Fitness Studio	1:00PM-2:00PM (Combination) Lynne F.		1:00PM-2:00PM (Combination) Lynne F.				
Pilates Fitness Studio Sign Up	4:30PM-5:15PM (Mind Body) Carrie J.						
Strength Fusion Fitness Studio Sign Up	5:30PM-6:15PM (Strength) Steve B.						
Vinyasa Yoga Fitness Studio Sign Up	6:30PM-7:30PM (Mind Body) Cynthia C.		6:30PM-7:30PM (Mind Body) Cynthia C.				
Barre Fitness Studio Sign Up		8:15AM-9:00AM (Barre) Linda R.		8:15AM-9:00AM (Barre) Alexa W.			
BODYBALANCE Fitness Studio Sign Up		9:15AM-10:00AM (Mind Body) Dawn S.	4:30PM-5:15PM (Mind Body) Julie N.	9:15AM-10:00AM (Mind Body) Dawn S.			
Rock Steady Boxing Fitness Studio		11:15AM-12:45PM (Combination) Erica B.		11:15AM-12:45PM (Combination) Erica B.			
Hip Hop Fitness Fitness Studio Sign Up		6:30PM-7:20PM (Dance) Kim L.					
BODYCOMBAT Multi-Purpose Room Sign Up			9:15AM-10:00AM (Combination) Dawn S.				
Tai Chi-Arthritis & Balance Multi-Purpose Room Sign Up			10:30AM-11:30AM (Mind Body) Merideth F.				
Teen Strength & Conditioning Westridge CrossFit Sign Up			12:00PM-12:45PM (Strength) Kathleen C.				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step Fitness Studio Sign Up			5:30PM-6:15PM (Cardio) <i>Julie N.</i>				
Slow Flow Yoga Multi-Purpose Room Sign Up				10:15AM-11:05AM (Mind Body) <i>Tom H.</i>			



Corpening Memorial YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Cycle Studio Sign Up	5:30AM-6:15AM (General) <i>Joyce B.</i>	9:00AM-9:45AM (General) <i>Joyce B.</i>	5:30AM-6:15AM (General) <i>Joyce B.</i>	9:00AM-9:45AM (General) <i>Joyce B.</i>			
Total Body Training Studio B Sign Up	9:00AM-9:45AM (General) <i>Jody L.</i>	5:30AM-6:15AM (General) <i>Cynthia P.</i>	9:00AM-9:45AM (General) <i>Jody L.</i>	5:30AM-6:15AM (General) <i>Cynthia P.</i>			
Gentle Yoga Studio A Sign Up	9:00AM-9:45AM (Mind Body) <i>Mary S.</i>		8:30AM-9:30AM (Mind Body) <i>Ashley J.</i>				
Fluid Movement Pool Sign Up	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>	9:30AM-10:30AM (Aquatics) <i>Jeanette J.</i>			
BODYPUMP Studio B Sign Up	10:00AM-10:45AM (Strength) <i>Mary S.</i>			10:00AM-10:45AM (Strength) <i>Mary S.</i>			
Chair Yoga Studio A Sign Up	10:00AM-11:00AM (Mind Body) <i>Miranda H.</i>						
RPM Cycle Studio Sign Up	4:30PM-5:15PM (General) <i>Leslie H.</i>		4:30PM-5:15PM (General) <i>Leslie H.</i>				
Cardio Splash Pool Sign Up	4:30PM-5:30PM (Aquatics) <i>Cris W.</i>		4:30PM-5:30PM (Aquatics) <i>Cris W.</i>				
Zumba Studio B Sign Up	6:00PM-6:45PM (General) <i>Tracy S.</i>			6:00PM-6:45PM (General) <i>Tracy S.</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>			
Strength Fusion Studio B Sign Up		4:30PM-5:15PM (Strength) <i>Leslie H.</i>		4:30PM-5:15PM (General) <i>Leslie H.</i>			
Cardio Dance Studio B Sign Up		6:15PM-7:00PM (Dance) <i>Alexandra J.</i>					
Strength and Balance Studio A Sign Up			9:45AM-10:30AM (Strength) <i>Beth P.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tai Chi Studio B Sign Up			10:00AM-11:00AM (Mind Body) <i>David M.</i>				



Reuter Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Cycle Studio Sign Up	5:45AM-6:30AM (Cardio) Audra G. 9:30AM-7:00PM (Cardio) Lauren K.	8:30AM-9:15AM (Cardio) Jay G. 5:30PM-6:15PM (General) Jay G.	5:45AM-6:30AM (Cardio) Audra G.	8:30AM-9:15AM (Cardio) Jay G. 5:30PM-6:15PM (Cardio) Lauren K.			
Vinyasa Yoga Mind Body Studio Sign Up	8:15AM-9:15AM (Mind Body) Lindsay F. 6:35PM-7:35PM (General) Christina H.		8:15AM-9:15AM (Mind Body) Jessica M. 6:35PM-7:35PM (General) Christina H.				
BODYPUMP Studio A Sign Up	8:15AM-9:15AM (General) Gena S. 5:30PM-6:30PM (General) Christina H.		8:15AM-9:15AM (General) Emily P. 5:30PM-6:30PM (General) Christina H.				
Chair Yoga Mind Body Studio Sign Up	9:30AM-10:30AM (Mind Body) Kathryn L.	11:40AM-12:40PM (Mind Body) Jessica M.	9:30AM-10:30AM (Mind Body) Kathryn L.	11:40AM-12:40PM (Mind Body) Jessica M.			
TRX Functional Fitness Room Sign Up	9:30AM-10:15AM (General) Kelly H.	9:30AM-10:15AM (General) Corey J.	9:30AM-10:15AM (General) Kelly H.	9:30AM-10:15AM (General) Corey J.			
Zumba Studio A Sign Up	9:30AM-10:20AM (Dance) Lena S.		9:30AM-10:20AM (Dance) Jocelyn M.				
Cycle Fusion Cycle Studio Sign Up	9:30AM-10:15AM (Cardio) Janine I.		9:30AM-10:15AM (General) Janine I.				
Aqua Tabata Pool Sign Up	10:00AM-10:50AM (Aquatics) Michelle W.						
Flex and Stretch Mind Body Studio Sign Up	10:45AM-11:45AM (Mind Body) Petra S.		10:45AM-11:45AM (Mind Body) Petra S.				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Low Impact Fitness Studio A Sign Up	11:00AM-11:50AM (General) <i>Emily P.</i>		11:00AM-11:50AM (General) <i>Emily P.</i>				
Fluid Movement Pool Sign Up	11:00AM-11:50AM (Aquatics) <i>Michelle W.</i>						
Athletic Conditioning Studio A Sign Up	12:00PM-12:45PM (Outside) <i>Kelly H.</i>		12:00PM-12:45PM (High Intensity Interval) <i>Emily P.</i>				
Dynamic Dance Mind Body Studio Sign Up	12:00PM-1:00PM (Dance) <i>Natalie G.</i>						
Low Impact Conditioning Studio A Sign Up	1:00PM-1:50PM (Combination) <i>Caryl C.</i>		1:00PM-1:50PM (Combination) <i>Caryl C.</i>				
Hip Hop Fitness Mind Body Studio Sign Up	5:30PM-6:20PM (Dance) <i>Shellie W.</i>		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>		6:00PM-6:45PM (High Intensity Interval) <i>Tony R.</i>				
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>			
Aqua Fit Pool Sign Up		8:00AM-8:50AM (Aquatics) <i>Joan M.</i>		8:00AM-8:50AM (Aquatics) <i>Melissa F.</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>			
BODYBALANCE Mind Body Studio Sign Up		8:15AM-9:15AM (Mind Body) <i>Emily P.</i>		8:15AM-9:15AM (Mind Body) <i>Emily P.</i>			
Hydro Burn Pool Sign Up		9:00AM-9:50AM (Aquatics) <i>Joan M.</i>		9:00AM-9:50AM (Aquatics) <i>Melissa F.</i>			
Core Conditioning Mind Body Studio Sign Up		9:30AM-10:20AM (General) <i>Gena S.</i>					
Step Studio A Sign Up		9:30AM-10:20AM (General) <i>Emily P.</i>					
Barre Studio A Sign Up		10:30AM-11:20AM (General) <i>Corey J.</i>		10:30AM-11:20AM (General) <i>Corey J.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Mind Body Studio Sign Up		10:35AM-11:25AM (General) Dianne H.		10:35AM-11:25AM (General) Dianne H.			
BODYPUMP Express Studio A Sign Up		12:00PM-12:50PM (Strength) Kat H.		12:00PM-12:50PM (Strength) Kat H.			
HIT Functional Fitness Room Sign Up		12:15PM-1:00PM (High Intensity Interval) Suzanne I.		12:15PM-1:00PM (High Intensity Interval) Suzanne I.			
Restorative Yoga Mind Body Studio Sign Up		2:30PM-3:45PM (Mind Body) Kathryn L.		2:30PM-3:45PM (Mind Body) Kathryn L.			
Total Body Strength Studio A Sign Up		5:30PM-6:15PM (Strength) Taylor D.		5:30PM-6:15PM (Strength) Taylor D.			
Zumba Mind Body Studio Sign Up		6:05PM-6:55PM (Dance) Curtis P.		6:05PM-6:55PM (Dance) Kathy B.			
Tai Chi-Arthritis & Balance Mind Body Studio Sign Up			12:30PM-1:30PM (Mind Body) Merideth F.				
Tai Chi-Arthritis & Balance Studio A Sign Up			12:30PM-7:00PM (Mind Body) Merideth F.				
Tai Chi -Advanced Mind Body Studio Sign Up			1:45PM-2:45PM (Mind Body) Merideth F.				
Core Conditioning Studio A Sign Up				9:30AM-10:20AM (General) Gena S.			
Pilates Fundamentals Mind Body Studio Sign Up				9:30AM-10:20AM (Mind Body) Dianne H.			
Aqua Zumba Pool Sign Up				10:00AM-10:50AM (Aquatics) Lena S.			
Kids Yoga 4-8 yrs Mind Body Studio Sign Up				4:15PM-5:00PM (Mind Body) Kathryn L.			



Asheville YMCA | July 14th - July 20th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP Studio Sign Up	6:00AM-6:55AM (Combination) <i>Karen J.</i> 4:15PM-5:15PM (Strength) <i>Laura R.</i>		6:00AM-6:55AM (Combination) <i>Roxanne B.</i> 4:15PM-5:15PM (Strength) <i>Laura R.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Racquetball Tall Door Court Sign Up	6:30AM-7:20AM (General) <i>Staff</i>	6:30AM-7:20AM (General) <i>Staff</i>	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>	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>	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>	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>	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>	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>	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>	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>	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>	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>	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>	5:30PM-6:20PM (General) <i>Staff</i>			
	6:30PM-7:20PM (General) <i>Staff</i>	6:30PM-7:20PM (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>	7:30PM-8:20PM (General) <i>Staff</i>	7:30PM-8:20PM (General) <i>Staff</i>	7:30PM-8:20PM (General) <i>Staff</i>			
BODYBALANCE Studio Sign Up	7:15AM-8:15AM (Mind Body) <i>Karen J.</i>	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>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Athletic Conditioning Studio O Sign Up	8:00AM-8:45AM (Strength) <i>Suzanne I.</i> 5:30PM-6:15PM (Combination) <i>James P.</i>	8:00AM-8:45AM (Strength) <i>Suzanne I.</i> 5:30PM-6:15PM (Strength) <i>Tiago A.</i>	8:00AM-8:45AM (Strength) <i>Suzanne I.</i> 5:30PM-6:15PM (Combination) <i>James P.</i>	8:00AM-8:45AM (Strength) <i>Julie W.</i>			
Low Impact Fitness Gym Sign Up	8:30AM-9:30AM (Combination) <i>Cynthia L.</i>		8:30AM-9:30AM (Combination) <i>Karen J.</i>				
Cycle Cycle Studio Sign Up	9:00AM-9:45AM (Cardio) <i>Becky U.</i> 5:45PM-6:30PM (Cardio) <i>Jay G.</i>	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>Shonna C.</i>	6:15AM-7:00AM (Cardio) <i>Julie W.</i>			
Hydro Burn South Pool Sign Up	9:30AM-10:20AM (Aquatics) <i>Shonna C.</i> 2:00PM-3:00PM (Aquatics) <i>Dee A.</i>	9:00AM-9:50AM (Aquatics) <i>Cecelia M.</i>	9:30AM-10:20AM (Aquatics) <i>Shonna C.</i> 2:00PM-3:00PM (Aquatics) <i>Dee A.</i>	9:00AM-9:50AM (Aquatics) <i>Cecelia M.</i>			
Booty Barre Studio Sign Up	9:45AM-10:45AM (Barre) <i>Eva V.</i>		9:45AM-10:45AM (Barre) <i>Eva V.</i>				
Fluid Movement South Pool Sign Up	10:30AM-11:20AM (Aquatics) <i>Shonna C.</i>		10:30AM-11:20AM (Aquatics) <i>Shonna C.</i>				
Zumba Gym Sign Up	10:30AM-11:30AM (Dance) <i>Sheila D.</i>		10:30AM-11:30AM (Dance) <i>Rico S.</i>				
Chair Yoga Multi-Purpose Room Sign Up	10:45AM-11:45AM (Mind Body) <i>Becca S.</i>		10:30AM-11:30AM (Mind Body) <i>Dede B.</i>				
Total Body Training Studio Sign Up	11:00AM-11:50AM (Strength) <i>Suzanne I.</i>		11:00AM-11:50AM (Strength) <i>Suzanne I.</i>				
All-Stars Basketball (50+) Gym	11:45AM-1:45PM (General) <i>Staff</i>		11:45AM-1:45PM (General) <i>Staff</i>				
TRX Multi-Purpose Room Sign Up	12:00PM-12:45PM (Strength) <i>Suzanne I.</i>	11:00AM-11:45AM (Strength) <i>Julie W.</i> 5:00PM-5:45PM (Strength) <i>Becca S.</i>	12:00PM-12:45PM (Strength) <i>Becca S.</i>	11:00AM-11:45AM (Strength) <i>Julie W.</i> 5:00PM-5:45PM (Strength) <i>Becca S.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Express Cycle Studio Sign Up	12:00PM-12:30PM (Cardio) <i>Emmalyn P.</i>		12:00PM-12:30PM (Cardio) <i>Suzanne I.</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>			
Vinyasa Yoga Multi-Purpose Room Sign Up	4:00PM-5:15PM (Mind Body) <i>Vinny B.</i>	9:00AM-10:15AM (Mind Body) <i>Dede B.</i>	4:00PM-5:15PM (Mind Body) <i>Joe T.</i>	9:00AM-10:15AM (Mind Body) <i>Stephanie B.</i>			
Zumba Studio Sign Up	5:30PM-6:30PM (Dance) <i>Delia R.</i>						
Flex and Stretch Gym Sign Up		8:30AM-9:20AM (Combination) <i>Shona</i>		8:30AM-9:20AM (Combination) <i>Shona</i>			
Pilates Studio Sign Up		9:45AM-10:45AM (Pilates) <i>Raven B.</i>		9:45AM-10:45AM (Mind Body) <i>Suzanne I.</i>			
Cardio Splash South Pool Sign Up		10:00AM-10:50AM (Aquatics) <i>Cecelia M.</i>		10:00AM-10:50AM (Aquatics) <i>Cecelia M.</i>			
Legends Basketball (35+) Gym		10:30AM-12:30PM (General) <i>Staff</i>		10:30AM-12:30PM (General) <i>Staff</i>			
BODYPUMP Express Studio Sign Up		11:00AM-11:45AM (Strength) <i>Karen J.</i>		11:00AM-11:45AM (Strength) <i>Karen J.</i>			
Strength Fusion Studio Sign Up		1:15PM-2:15PM (Strength) <i>Kristina S.</i>		1:15PM-2:15PM (Strength) <i>Kristina S.</i>			
Vinyasa Yoga Studio Sign Up		4:30PM-5:30PM (Mind Body) <i>Hannah G.</i>		4:30PM-5:30PM (Mind Body) <i>Vinita K.</i>			
BODYCOMBAT Studio Sign Up		5:45PM-6:30PM (Cardio) <i>Tracy D.</i>		5:45PM-6:30PM (Cardio) <i>Tracy D.</i>			
Slow Flow Yoga Multi-Purpose Room Sign Up		6:00PM-7:00PM (Mind Body) <i>Brittany C.</i>		6:00PM-7:00PM (Mind Body) <i>Becca S.</i>			
Hip Hop Fitness Studio Sign Up			5:30PM-6:30PM (Dance) <i>Laura R.</i>				



Black Mountain YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Fitness Studio Sign Up	6:00AM-7:00AM (Cardio) DONETTE M.						
Total Body Training Fitness Studio Sign Up	7:45AM-8:30AM (Combination) Laney H.			7:45AM-8:30AM (Combination) Laney H.			
Low Impact Fitness Fitness Studio Sign Up	8:45AM-9:30AM (Combination) Jeryl S.						
Cycle Fusion Fitness Studio Sign Up	9:45AM-10:45AM (Combination) Erica G.						
Hydro Burn Pool Sign Up	10:00AM-11:00AM (Aquatics) Rochelle B.						
Power Yoga Fitness Studio Sign Up	11:00AM-12:00PM (Mind Body) Ed C.		2:00PM-3:00PM (Mind Body) Ed C.				
Sit to be Fit Fitness Studio Sign Up	12:15PM-1:15PM (Combination) Cyndy K.		12:15PM-1:00PM (Combination) Cyndy K.				
Strength Fusion Fitness Studio Sign Up	4:30PM-5:30PM (Combination) Julie H.						
Step Fitness Studio Sign Up	5:45PM-6:30PM (Cardio) Mary B.		8:45AM-9:35AM (Cardio) Jeryl S.				
Tai Chi-Arthritis & Balance Fitness Studio Sign Up	6:45PM-7:45PM (Mind Body) Jay L.						
Athletic Conditioning Studio O Sign Up		7:15AM-8:00AM (Combination) Sadie G.					
Cardio Dance Fitness Studio Sign Up		8:45AM-9:30AM (Dance) Sadie S.		5:45PM-6:45PM (Cardio) Sheila D.			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYCOMBAT Fitness Studio Sign Up		9:45AM-10:45AM (Cardio) <i>Erica G.</i>		10:00AM-10:45AM (Cardio) <i>Jennifer P.</i>			
Aqua Tabata Pool Sign Up		10:00AM-10:45AM (Aquatics) <i>Sadie S.</i>	5:30PM-6:15PM (Aquatics) <i>Rochelle B.</i>				
Vinyasa Yoga Fitness Studio Sign Up		11:00AM-12:00PM (Mind Body) <i>Michele B.</i>		11:00AM-12:00PM (Mind Body) <i>Michele B.</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>			
BODYPUMP Fitness Studio Sign Up		4:30PM-5:30PM (Combination) <i>Jami</i>	9:45AM-10:45AM (Combination) <i>Sadie G.</i>	4:30PM-5:30PM (Combination) <i>Sadie G.</i>			
Zumba Fitness Studio Sign Up		5:45PM-6:45PM (Cardio) <i>Sheila D.</i>					
Athletic Conditioning Fitness Studio Sign Up			7:45AM-8:40AM (Combination) <i>Malynda K.</i>				
Cardio Splash Pool Sign Up			10:00AM-11:00AM (Aquatics) <i>Sue S.</i>	10:00AM-11:00AM (Aquatics) <i>Rochelle B.</i>			
Barre Fitness Studio Sign Up			11:00AM-12:00PM (Barre) <i>Jami</i>	8:45AM-9:45AM (Barre) <i>Jennifer P.</i>			
HIIT Fitness Studio Sign Up			4:30PM-5:15PM (Cardio) <i>Julie H.</i>				
Tai Chi for Energy Fitness Studio Sign Up			5:30PM-6:30PM (Mind Body) <i>Jay L.</i>				



Hendersonville Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYCOMBAT Fitness Studio Sign Up	6:00AM-6:45AM (Cardio) <i>Allyson B.</i>	5:00PM-5:55PM (Cardio) <i>Ashley B.</i>	8:00AM-8:45AM (Cardio) <i>Allyson B.</i>	5:00PM-5:55PM (Cardio) <i>Ashley B.</i>			
Pilates Gym Sign Up	8:00AM-8:45AM (Pilates) <i>Linda C.</i>		8:00AM-8:45AM (Pilates) <i>Linda C.</i>				
BODYCOMBAT Community Room Sign Up	8:00AM-8:45AM (Cardio) <i>Allyson B.</i>						
BODYPUMP Express Fitness Studio Sign Up	8:00AM-8:45AM (Combination) <i>Ann F.</i>	5:45AM-6:30AM (Strength) <i>Emily D.</i> 11:00AM-11:45AM (Combination) <i>Mimi C.</i>	8:00AM-8:45AM (Combination) <i>Ann F.</i>	5:45AM-6:30AM (Strength) <i>Emily D.</i> 11:00AM-11:45AM (Combination) <i>Ann F.</i>			
TRX Gym Sign Up	9:00AM-9:45AM (Strength) <i>Caryl C.</i> 10:00AM-10:45AM (Combination) <i>Caryl C.</i>		9:00AM-9:45AM (Strength) <i>Mary A.</i> 10:00AM-10:45AM (Combination) <i>Linda C.</i>				
Cardio Dance Fitness Studio Sign Up	9:00AM-9:45AM (Dance) <i>Helen W.</i>		9:00AM-9:45AM (Dance) <i>Helen W.</i>				
Cycle Cycle Studio Sign Up	9:00AM-9:45AM (Cardio) <i>Carrie H.</i> 5:00PM-5:45PM (Cardio) <i>Claire N.</i>	9:00AM-9:45AM (Cardio) <i>Mary A.</i>		9:00AM-9:45AM (Cardio) <i>Carrie H.</i> 5:00PM-5:45PM (Cardio) <i>Claire N.</i>			
Aqua Tabata Pool Sign Up	9:10AM-10:00AM (Aquatics) <i>Melissa F.</i>		9:10AM-10:00AM (Aquatics) <i>Melissa F.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP Fitness Studio Sign Up	10:00AM-11:00AM (Combination) <i>Gena S.</i> 5:00PM-6:00PM (Combination) <i>Emily C.</i>		10:00AM-11:00AM (Combination) <i>Gena S.</i> 5:00PM-6:00PM (Combination) <i>Emily C.</i>				
Cardio Splash Pool Sign Up	10:10AM-11:00AM (Aquatics) <i>Melissa F.</i>		10:10AM-11:00AM (Aquatics) <i>Melissa F.</i>				
Gentle Yoga Gym Sign Up	11:00AM-11:55AM (Mind Body) <i>Lee H.</i>		11:00AM-11:55AM (Mind Body) <i>Mandy H.</i>				
Fluid Movement Pool Sign Up	11:10AM-12:00PM (Aquatics) <i>Melissa F.</i>		11:10AM-12:00PM (Aquatics) <i>Melissa F.</i>				
Barre Fitness Studio Sign Up	11:15AM-12:00PM (Combination) <i>Debby C.</i>	10:00AM-10:45AM (Barre) <i>Debby C.</i>	11:15AM-12:00PM (Combination) <i>Debby C.</i>	10:00AM-10:45AM (Barre) <i>Ann F.</i>			
Low Impact Fitness Gym Sign Up	12:15PM-1:10PM (Combination) <i>Linda C.</i>	12:15PM-1:10PM (Combination) <i>Lee H.</i>	12:15PM-1:10PM (Combination) <i>Linda C.</i>	12:15PM-1:10PM (Combination) <i>Lee H.</i>			
Pickle Ball Gym	1:15PM-3:15PM (General) <i>Staff</i>		1:15PM-3:15PM (General) <i>Staff</i>				
Yin Yoga Fitness Studio Sign Up	6:30PM-7:30PM (Mind Body) <i>Bill A.</i>		6:30PM-7:30PM (Mind Body) <i>Bill A.</i>				
Core Conditioning Gym/Outside Sign Up		6:00AM-6:45AM (Combination) <i>Roxanna P.</i>		6:00AM-6:45AM (Combination) <i>Roxanna P.</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>			
Step Fitness Studio Sign Up		9:00AM-9:45AM (Cardio) <i>Kelly M.</i>		9:00AM-9:45AM (Cardio) <i>Kelly M.</i>			
Athletic Conditioning Outside Sign Up		9:00AM-9:55AM (Combination) <i>Leo G.</i>		9:00AM-9:55AM (High Intensity Interval) <i>Leo G.</i>			
Hydro Burn Pool Sign Up		9:10AM-10:00AM (Aquatics) <i>Doreen B.</i> 6:10PM-7:00PM (Aquatics) <i>Roxanna P.</i>		9:10AM-10:00AM (Aquatics) <i>Doreen B.</i> 6:10PM-7:00PM (Aquatics) <i>Roxanna P.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TRX Outside Sign Up		10:05AM-10:50AM (Combination) <i>Regina V.</i>		10:05AM-10:50AM (Combination) <i>Regina V.</i>			
Aqua Power Fusion Pool Sign Up		10:10AM-11:00AM (Aquatics) <i>Melissa F.</i>					
Yogalates Outside Sign Up		11:00AM-11:55AM (Combination) <i>Lee H.</i>		11:00AM-11:55AM (Combination) <i>Lee H.</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>			
Chair Yoga Fitness Studio Sign Up		2:15PM-3:15PM (Mind Body) <i>Regina V.</i>		2:15PM-3:15PM (Mind Body) <i>Regina V.</i>			
Total Body Training Fitness Studio Sign Up		4:00PM-4:45PM (Strength) <i>Melissa F.</i>		4:00PM-4:45PM (Strength) <i>Melissa F.</i>			
Zumba Fitness Studio Sign Up		6:00PM-6:55PM (Dance) <i>Therese L.</i>		6:00PM-6:55PM (Dance) <i>Carmen V.</i>			
HIIT Gym Sign Up			5:45AM-6:20AM (Combination) <i>Jennifer C.</i>				
Tai Chi Club - Advanced Fitness Studio Sign Up			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>				
Yoga Sculpt Fitness Studio Sign Up			2:30PM-3:30PM (Combination) <i>Bill A.</i>				
Power Yoga Fitness Studio Sign Up			3:45PM-4:45PM (Mind Body) <i>Bill A.</i>				



Woodfin YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vinyasa Yoga Studio A Sign Up	7:30AM-8:30AM (Mind Body) <i>Leanna J.</i>	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>Leanna J.</i>	9:00AM-10:00AM (Mind Body) <i>Vinita K.</i>			
Strength Fusion Studio B Sign Up	8:00AM-8:45AM (Combination) <i>Marian R.</i> 9:00AM-9:45AM (Strength) <i>Jessica M.</i>	1:30PM-2:15PM (Strength) <i>Conny A.</i>	9:00AM-9:45AM (Strength) <i>Jessica M.</i>				
BODYBALANCE Studio A Sign Up	8:45AM-9:45AM (Mind Body) <i>Kate C.</i>		8:45AM-9:45AM (Mind Body) <i>Shona</i>				
Zumba Gold Studio B Sign Up	10:00AM-10:45AM (Dance) <i>Nancy H.</i>		10:00AM-10:45AM (Dance) <i>Nancy H.</i>				
Gentle Yoga Studio A Sign Up	10:00AM-11:00AM (Mind Body) <i>Tanya N.</i>	11:30AM-12:30PM (Mind Body) <i>Vinita K.</i>	10:00AM-11:00AM (Mind Body) <i>Erin G.</i>	11:30AM-12:30PM (Mind Body) <i>Vinita K.</i>			
TRX Studio B Sign Up	11:15AM-12:00PM (Strength) <i>Jessica M.</i>		11:15AM-12:00PM (Strength) <i>Jessica M.</i> 5:00PM-5:45PM (Strength) <i>Conny A.</i>				
Pilates Studio A Sign Up	11:15AM-12:00PM (Pilates) <i>Jay H.</i>	10:15AM-11:15AM (Pilates) <i>Vinita K.</i> 4:00PM-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>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Studio B Sign Up	12:15PM-1:00PM (Cardio) <i>Jay H.</i>	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>			
Hip Hop Fitness Studio B Sign Up	4:00PM-4:45PM (Dance) <i>Karen J.</i>			5:15PM-6:15PM (Dance) <i>Kim L.</i>			
Barre Studio A Sign Up	4:00PM-5:00PM (Barre) <i>Rebecca C.</i>			4:00PM-5:00PM (Barre) <i>Maddie</i>			
BODYPUMP Studio B Sign Up	5:00PM-6:00PM (Strength) <i>Karen J.</i>	10:15AM-11:15AM (Strength) <i>Shelley N.</i>		10:15AM-11:15AM (Strength) <i>Shelley N.</i>			
Stretch and Roll Studio B Sign Up	6:15PM-7:00PM (Mind Body) <i>Dr. I.</i>						
Yoga Nidra Studio A Sign Up	6:30PM-7:30PM (Mind Body) <i>Janet F.</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>Shonna C.</i>		8:00AM-8:45AM (Combination) <i>Shonna C.</i>			
Zumba Studio B Sign Up		11:30AM-12:15PM (Dance) <i>Deborah P.</i> 5:15PM-6:15PM (Dance) <i>Delia R.</i>		11:30AM-12:15PM (Dance) <i>Rico S.</i>			
BODYPUMP Express Studio B Sign Up			8:00AM-8:45AM (Strength) <i>Cameron W.</i>				
Slow Flow Yoga Studio A Sign Up				5:15PM-6:15PM (Mind Body) <i>Ashley J.</i>			