




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF THE SANDHILLS GROUP EXERCISE SCHEDULE Y NORTH BRANCH JAN- MAR 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM *CYCLING (TANNER)		5:30 AM *CYCLING (TANNER)			9:00 AM ZUMBA (VIRANDA)
8:30 AM TABATA (BRANDA)	8:25 AM CIRCUIT POWER HOUR (JENYA)	8:00AM TRX (BRANDA)	8:25 AM CIRCUIT POWER HOUR (JENYA)	8:25 AM BODY PUMP (JENYA)	9:00 AM *TRX (ROTATING)
8:25 AM BODY PUMP (ADRIENNE)	9:30 AM SILVER SNEAKERS (ROSANNA)	8:25AM BODY PUMP (ADRIENNE)	9:30 AM SILVER SNEAKERS (ROSANNA)	9:30 AM ZUMBA (JENYA)	10:00 AM *CYCLING (ROTATING)
9:30 AM YOGA (ELLEN)	9:25 AM KICKBOXING (JENYA)	9:30 AM YOGA (ELLEN)	9:25 AM KICKBOXING (JENYA)	9:30 AM *TRX (BRANDA)	10:00 AM BODY PUMP (NANCY)
9:30 AM TRX (BRANDA)	9:30 AM *CYCLING (KATHY)	10:30 AM ZUMBA (DORIS)	9:30 AM *CYCLING (STACEY)	10:30am PILATES (MICHELLE)	 <p>North Branch NOW 24-Hour Facility! Ask Front Desk For More Information On an All Access 24-Hour Card</p>
10:30 AM ZUMBA (DORIS)	10:30 AM PILATES (MICHELLE)		10:30 AM YOGA (RUTH)		
4:30 PM YOGA (TERESA)	5:30 PM TURBO KICK (JUSTYN)	5:30 PM ZUMBA (BEV)	5:30PM BODYCOMBAT (NANCY)	5:30 PM ZUMBA (BEV)	
5:30 PM ZUMBA (VIRANDA)	6:30 PM ZUMBA (ERIKA)	6:30 PM BODY PUMP (NANCY)	6:30 PM ZUMBA (DORIS)		
6:30 PM BODY PUMP (NANCY)	6:00 PM *TRX (JESSICA)	6:30 PM *CYCLING (MANUELA)	6:00 PM *TRX (JESSICA/BRANDA)		

YOUTH AGE REQUIREMENTS:

RED = Grades K-5

BLUE = 9 Years of Age and Up

BLACK = 12 Years of Age and Up

* = Height or Other Restrictions, Check with Instructor
_____ = Sign-Up Required

Instructor has authority to ask member to leave class if disruptive behavior occurs.

INDOOR CYCLE



****FOR SAFETY, PLEASE DO NOT ARRIVE MORE THAN 5 MINUTES AFTER A CLASS HAS STARTED. THIS IS TO ENSURE PROPER WARM-UP HAS OCCURRED .**
**** BEFORE ATTENDING A CLASS, PLEASE MAKE SURE NO SIGN-UP IS REQUIRED TO ENSURE PROPER AMOUNT EQUIPMENT AND ROOM CAPACITY. IF SIGN-UP REQUIRED, YOU CAN SIGN-UP NO MORE THAN 1 HOUR BEFORE CLASS START TIME.**

Branch Hours

Monday-Saturday 8:00 AM to 12:00 PM
Monday-Friday 4:00 AM to 8:00 PM
Sunday 24-Hour Access Only

Child Watch Hours

Monday-Saturday 8:00 AM to 12:00 PM
Monday-Friday 4:00 PM to 8:00 PM
Sunday Closed



VISIT OUR WEBSITE WWW.YMCAOFTHE SANDHILLS.ORG