




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA OF THE SANDHILLS GROUP EXERCISE SCHEDULE Y NORTH BRANCH APRIL 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM *CYCLING (TANNER)		5:30 AM *CYCLING (TANNER)			9:00 AM ZUMBA (VIRANDA)
8:25 AM BODY PUMP (ADRIENNE)	8:25 AM KICKBOXING (JENYA)	8:25AM BODY PUMP (ADRIENNE)	8:25 AM CIRCUIT POWER HOUR (JENYA)	8:25 AM BODY PUMP (JENYA)	9:00 AM *TRX (ROTATING)
9:30 AM YOGA (ELLEN)	9:30 AM SILVER SNEAKERS (ROSANNA)	9:30 AM YOGA (ELLEN)	9:30 AM SILVER SNEAKERS (ROSANNA)	9:30 AM ZUMBA (JENYA)	10:00 AM *CYCLING (ROTATING)
10:30 AM ZUMBA (DORIS)	9:25 AM CIRCUIT POWER HOUR (JENYA)	10:30 AM ZUMBA (DORIS)	9:25 AM KICKBOXING (JENYA)	9:30 AM *TRX (JENNIFER)	 <p><b>North Branch NOW</b> <b>24-Hour Facility!</b> Ask Front Desk For More Information On an All Access 24-Hour Card</p>
4:30 PM YOGA (TERESA)	9:30 AM *CYCLING (KATHY )		9:30 AM *CYCLING (STACEY)	10:30am PILATES (MICHELLE)	
5:30 PM ZUMBA (VIRANDA)	10:30 AM SILVER SNEAKERS (ROSANNA)	5:30 PM ZUMBA (BEV)	10:30 AM SILVER SNEAKERS (ROSANNA)		
6:30 PM BODY COMBAT (NANCY)	10:30 AM PILATES (MICHELLE)	6:30 PM BODY COMBAT (NANCY)	10:30 AM YOGA (RUTH)	5:30 PM ZUMBA (BEV)	
	5:30 PM BODY PUMP (NANCY)		5:30PM BODY PUMP (NANCY)		
	6:00 PM GLUTE CAMP (TANNER)		6:30 PM ZUMBA (DORIS/DOREATHA)		
	4/10/18 DAY ONLY 1				
	6:30 PM ZUMBA (ERICKA)				

**Branch Hours**  
Monday-Saturday 8:00 AM to 12:00 PM  
Monday-Friday 4:00 PM 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

**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

**\*\*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.**



**INDOOR CYCLE**

