




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA OF THE SANDHILLS GROUP EXERCISE SCHEDULE Y NORTH BRANCH SEPT 2017

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 (JESSIE)	8:25AM <b>BODY PUMP</b> (JESSIE)	8:25 AM CIRCUIT POWER HOUR (JESSIE)	8:25 AM <b>BODY PUMP</b> (JENYA)	9:00 AM *TRX (ROTATING)
8:25 AM <b>BODY PUMP</b> (JENYA)	9:00 AM SILVER SNEAKERS (RENEE)	9:30 AM TABATA (JESSIE)	9:00 AM SILVER SNEAKERS (RENEE)	9:30 AM ZUMBA (JENYA)	10:00 AM *CYCLING (ROTATING)
9:30 AM YOGA (ELLEN)	9:25 AM <b>BODY ATTACK</b> (JESSIE)	9:30 AM YOGA (ELLEN)	9:25 AM <b>BODY ATTACK</b> (JESSIE)	9:30 AM *TRX (BRANDA)	10:00 AM <b>CIRCUIT POWER HOUR</b> (JESSIE)
9:30 AM TRX (BRANDA)	9:30 AM *CYCLING (KATHY)	10:30 AM ZUMBA (AJA)	9:30 AM *CYCLING (STACEY)	10:30am <b>PILATES</b> (MICHELLE)	 <p><b>What's NEW</b></p> <p><b>North Branch NOW</b></p> <p><b>24-Hour Facility!</b></p> <p>Ask Front Desk For More Information On an All Access 24-Hour Card</p>
10:30 AM ZUMBA (DORIS)	10:30 AM YOGA (RUTH)		10:30 AM YOGA (RUTH)		
4:30 PM YOGA (TERESA)	4:30 PM <b>BODY PUMP</b> (JUSTYN)	4:30 PM <b>BUTTS &amp; GUTS</b> (JUSTYN)	4:30PM <b>BODY PUMP</b> (JENYA)	5:30 PM ZUMBA (BEV)	
5:30 PM ZUMBA (VIRANDA)	5:30 PM TURBO KICK (JUSTYN)	5:30 PM ZUMBA (BEV)	5:30 PM CARDIO BLAST (JENYA)		
6:30 PM <b>BODY PUMP</b> (MARYNA)	6:30 PM ZUMBA (ERIKA)	6:30 PM <b>BODY PUMP</b> (MARYNA)	6:30 PM ZUMBA (DORIS)		
	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

## 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](http://WWW.YMCAOFTHE SANDHILLS.ORG)