




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF THE SANDHILLS GROUP EXERCISE SCHEDULE Y NORTH BRANCH January 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM *CYCLING (TANNER)	5:30 AM *TRX (JENNIFER B)	5:30 AM *CYCLING (TANNER)	5:30 AM *TRX (JENNIFER B)	8:30 AM BODY PUMP (JENYA)	9:00 AM ZUMBA (VIRANDA)
8:30 AM TABATA (BRANDA)	8:30 AM BODY PUMP (KIM)	8:30 AM TABATA (JESSIE)	8:30 AM BODY PUMP (KIM)	9:30 AM ZUMBA (JENYA)	9:00 AM *TRX (BRANDA/KRISTEN)
8:30 AM PUMP YOUR BODY (LIBBY)	9:30 AM SILVER SNEAKERS (RENEE)	8:30 AM PUMP YOUR BODY (LIBBY)	9:30 AM SILVER SNEAKERS (RENEE)	9:30 AM *TRX (BRANDA)	10:00 AM KIDS FITNESS (BRANDA/ROTATING)
9:30 AM YOGA (WENDY)	9:30 AM BODY ATTACK (JESSIE)	9:30 AM YOGA (WENDY)	9:30 AM BODY ATTACK (JESSIE)	5:30 PM ZUMBA (BECKY)	10:00 AM *CYCLING (ROTATING)
9:30 AM TRX (BRANDA)	9:30 AM *CYCLING (KATHY)	10:30 AM ZUMBA (AJA)	9:30 AM *CYCLING (KATHY)		10:00 AM BODY ATTACK (JESSIE)
10:30 AM ZUMBA (DORIS)	10:30 AM YOGA (RUTH)	4:30 PM BUTTS & GUTS (JENYA)	10:30 AM YOGA (RUTH)	 <p>North Branch NOW 24-Hour Facility! Ask Front Desk For More Information On an All Access 24-Hour Card</p>	
4:30 PM YOGA (TERESA)	4:30 PM BODY PUMP (JUSTYN)	5:30 PM ZUMBA (JENYA)	4:30 PM BODY DUMP (JUSTYN)		
5:30 PM ZUMBA (VIRANDA)	5:30 PM KIDS FITNESS (JESSIE)	6:30 PM BODY PUMP (MARYNA)	5:30 PM KIDS FITNESS (JESSIE)		
6:30 PM BODY PUMP (MARYNA)	5:30 PM TURBO KICK (JUSTYN)	6:30 PM *CYCLING (MANUELA)	5:30 PM TURBO KICK (JUSTYN)		
6:30 PM *CYCLING (STACEY)	6:30 PM ZUMBA (ERIKA)		6:30 PM ZUMBA (DORIS)		
	6:30 PM *TRX (MANUELA)		6:30 PM *TRX (MANUELA)		

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

INDOOR CYCLE



Branch Hours
 Monday-Saturday 8:00 AM to 12:00 PM
 Monday-Friday 8:00 AM to 8:00 PM
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
 Wellness Coordinator: tanner.randles@ymcaofthesandhills.org