



Henderson Family YMCA

November 22nd - November 28th

380 Ruin Creek Road
Henderson, NC 27536
(252) 438-2144

	FRI 22	SAT 23	SUN 24	MON 25	TUE 26	WED 27	THU 28
7am				C. A. R. E. Main Gym (Wellness 2) Renee Gorby 7:30am - 8:30am	C. A. R. E. Main Gym (Wellness 2) Renee Gorby 7:30am - 8:30am		C. A. R. E. Main Gym (Wellness 2) Renee Gorby 7:30am - 8:30am
8am	Silver Sneakers (classic) Main Gym (Wellness 2) Renee Gorby 8:30am - 9:30am			Zumba Aerobic Room Amanda Edwards 8am - 9am	Boogie With Bill Aerobic Room Bill Kearney 8am - 9am	Hydropilates Pool Renee Gorby 8:30am - 9:30am	Boogie With Bill Aerobic Room Bill Kearney 8am - 9am
9am	Aqua Fit Pool Renee Gorby 9:45am - 10:30am			Silver Sneakers (classic) Main Gym (Wellness 2) Various Instructors 9am - 10am	Fitness Fusion Aerobic Room Candace Lazar 9am - 10am	Line Dancing Main Gym (Wellness 2) Various Instructors 9am - 10am	Silver Sneakers (classic) Main Gym (Wellness 2) Various Instructors 9am - 10am
				Yoga Aerobic Room Jean Bell 9am - 10am	Paddle with Patty Pool Patty McHenry 9:30am - 10:30am		Yoga Aerobic Room Jean Bell 9am - 10am
				Aqua Bee Bop with Bill Pool Bill Kearney 9:45am - 10:30am			Making Waves Pool Ellen Currin 9:30am - 10:30am
10am		Yoga Aerobic Room Various Instructors 10am - 11am		Cycle & Strength - Sign Up required Aerobic Room Candace Lazar 10:15am - 11am	Silver Sneakers (classic) Main Gym (Wellness 2) Various Instructors 10am - 11am	Spin - Sign Up required Aerobic Room Candace Lazar 10:15am - 11am	Fitness Fusion Aerobic Room Candace Lazar 10am - 11am
11am	Chair Yoga Main Gym (Wellness 2) Renee Gorby 11am - 12pm				"Y"-Chi Aerobic Room Renee Gorby 11am - 12pm	Chair Yoga Aerobic Room Renee Gorby 11am - 12pm	"Y"-Chi Aerobic Room Renee Gorby 11am - 12pm
2pm			Beyond the Barre Aerobic Room Abigail Avery 2pm - 3pm				
4pm						Body Sculpt / Boot Camp Aerobic Room Various Instructors 4:30pm - 5:30pm	
5pm				Body Sculpt / Boot Camp Aerobic Room Thao Thompson 5:30pm - 6:30pm	Zumba Aerobic Room Mayumi Lawson 5:30pm - 6:30pm	Beyond the Barre Aerobic Room Abigail Avery 5:30pm - 6:30pm	Aquacise / Hydrostep Pool Juanita Wilkerson 5:30pm - 6:30pm
							Zumba Aerobic Room Mayumi Lawson 5:30pm - 6:30pm
6pm				Yoga Aerobic Room Lisa Blalock 6:30pm - 7:30pm			Yoga Stretch Aerobic Room Bobbie Lequire 6:30pm - 7:30pm

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.