



# 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				<b>C. A. R. E.</b> Main Gym (Wellness 2) Renee Gorby 7:30am - 8:30am	<b>C. A. R. E.</b> Main Gym (Wellness 2) Renee Gorby 7:30am - 8:30am		<b>C. A. R. E.</b> Main Gym (Wellness 2) Renee Gorby 7:30am - 8:30am
8am	<b>Silver Sneakers (classic)</b> Main Gym (Wellness 2) Renee Gorby 8:30am - 9:30am			<b>Zumba</b> Aerobic Room Amanda Edwards 8am - 9am		<b>Hydropilates</b> Pool Renee Gorby 8:30am - 9:30am	
9am	<b>Aqua Fit</b> Pool Renee Gorby 9:45am - 10:30am			<b>Silver Sneakers (classic)</b> Main Gym (Wellness 2) Various Instructors 9am - 10am	<b>Fitness Fusion</b> Aerobic Room Candace Lazar 9am - 10am	<b>Line Dancing</b> Main Gym (Wellness 2) Various Instructors 9am - 10am	<b>Silver Sneakers (classic)</b> Main Gym (Wellness 2) Various Instructors 9am - 10am
				<b>Yoga</b> Aerobic Room Jean Bell 9am - 10am	<b>Paddle with Patty</b> Pool Patty McHenry 9:30am - 10:30am		<b>Yoga</b> Aerobic Room Jean Bell 9am - 10am
				<b>Aqua Bee Bop with Bill</b> Pool Bill Kearney 9:45am - 10:30am			<b>Making Waves</b> Pool Ellen Currin 9:30am - 10:30am
10am		<b>Yoga</b> Aerobic Room Various Instructors 10am - 11am		<b>Cycle &amp; Strength - Sign Up required</b> Aerobic Room Candace Lazar 10:15am - 11am	<b>Silver Sneakers (classic)</b> Main Gym (Wellness 2) Various Instructors 10am - 11am	<b>Spin - Sign Up required</b> Aerobic Room Candace Lazar 10:15am - 11am	<b>Fitness Fusion</b> Aerobic Room Candace Lazar 10am - 11am
11am	<b>Chair Yoga</b> Main Gym (Wellness 2) Renee Gorby 11am - 12pm				<b>"Y"-Chi</b> Aerobic Room Renee Gorby 11am - 12pm	<b>Chair Yoga</b> Aerobic Room Renee Gorby 11am - 12pm	<b>"Y"-Chi</b> Aerobic Room Renee Gorby 11am - 12pm
4pm						<b>Body Sculpt / Boot Camp</b> Aerobic Room Various Instructors 4:30pm - 5:30pm	
5pm				<b>Body Sculpt / Boot Camp</b> Aerobic Room Thao Thompson 5:30pm - 6:30pm	<b>Zumba</b> Aerobic Room Mayumi Lawson 5:30pm - 6:30pm	<b>Beyond the Barre</b> Aerobic Room Abigail Avery 5:30pm - 6:30pm	<b>Zumba</b> Aerobic Room Mayumi Lawson 5:30pm - 6:30pm
6pm				<b>Yoga</b> Aerobic Room Lisa Blalock 6:30pm - 7:30pm			<b>Yoga Stretch</b> 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.