





# Bryan YMCA GX Schedule July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>Sweat. Smile. Repeat.</h1> 				<p>Need something new? Try a Personal Trainer!</p> <p><b>DEDICATION MOTIVATION ACCOUNTABILITY</b> Personal training</p> <p><i>Please see the Wellness Team for details.</i></p>	 <p><b>BOOT CAMP</b></p> <p>Times: 6 am or 6 pm</p> <p>Days: Monday &amp; Wednesday</p> <p>Coaches: Brenda &amp; Ginger</p> <p><i>Sign-up today at the front desk!</i></p>	<p>1</p> <p>8:00 am: R1 Power Hour: Amanda 8:00 am: R2 Yoga: Nancy 9:15 am: R1 SS Cardio Fit @: Lynne **No Chairs used in class** 9:30 am: CS Cycle 60: Marcus 10:30 am: R1 Body Pump @: Jessica</p>
<p>2</p> <p>1:00 pm: R1 Body Pump @: Melody</p> <p>2:15 pm: R1 Zumba @: Dacia</p> <p>2:00 pm: CS Cycle 60: Betsy</p>	<p>3</p> <p>6:00 am: R1 Body Pump @: Leesa 6:00 am: Track Boot Camp \$: Marcus 8:00 am: R1 SS Classic @: Lynne 9:00 am: R1 Total Definition: Lynne 9:00 am: R2 Mat Flex: Mary Beth 10:00 am: R1 SS Classic @: Judy 11:00 am: R1 Tai Chi \$: Eric 12:00 pm: CS Cycle 50: Sally 12:00 pm: R1 HIIT Fusion: Amanda 4:30 pm: R1 Instructor Choice: Amanda 5:30 pm: R1 15/15/15: Margaret 5:30 pm: R2 Yoga Core: Richard 6:00 pm: CS Cycle 60: Linda 6:00 pm: Track Boot Camp \$: Ginger 6:30 pm: R1 Body Pump @: Jessica 6:30 pm: R2 Beginner Yoga: Jim 7:45 pm: R1 Zumba @: Grace</p>	 <p>the <b>CLOSED JULY 4<sup>TH</sup></b></p>	<p>5</p> <p>6:00 am: R1 Body Pump @: Melody 6:00 am: Track Boot Camp \$: Kristi 6:00 am: CS Cycle Strength: Sally 6:00 am: R2 Yoga: Self Practice 7:30 am: R2 Wake &amp; Flow: Michaela 8:00 am: R1 SS Circuit @: Helen 9:00 am: R1 Cardio Dance: Chris 9:00 am: R2 Yoga 2: Alison 10:00 am: R1 SS Circuit @: Helen 11:00 am: R1 Tai Chi \$: Eric 12:00 pm: CS Cycle 50: Linda 12:00 pm: R1 Cardio Pump: Chris 4:30 pm: R1 Total Definition: Kristi 5:30 pm: R1 Body Pump @: Jessica 5:30 pm: R2 Yoga Flow: Michaela 6:00 pm: CS Cycle Strength: Linda 6:00 pm: Track Boot Camp \$: Ginger 6:45 pm: R1 Line Dancing: Grace 7:00 pm: R2 Tai Chi \$: Nancy</p>	<p>6</p> <p>6:00 am: R2 Mother Seq.: Self Practice 6:00 am: CS Cycle 60: Betsy 8:00 am: R1 SS Cardio Fit @: Lynne **No Chairs used in class** 8:30 am: R2 Gentle Yoga: Richard 9:00 am: R1 Barre: Meagan 10:00 am: R2 Chair Yoga: Richard 12:00 pm: R1 Total Definition: Cindy 12:00 pm: R2 Pilates: Sarah 4:30 pm: R1 15/15/15: Kristi 5:30 pm: R2 Fab Abs: Amanda 5:30 pm: R1 Turbo Kick @: John 6:00 pm: CS Cycle 60: Amanda 6:15 pm: R2 Yoga Flow: Michaela 6:30 pm: R1 Zumba @: Meladie</p>	<p>7</p> <p>6:00 am: R2 Yoga I: Richard 6:00 am: R1 Body Pump @: Leesa 8:00 am: R1 SS Circuit @: Lynne 9:00 am: R1 15/15/15: Margaret 9:00 am: R2 Pilates: Meagan 10:00 am: R1 SS Circuit @: Lynne 11:00 am: R2 Tai Chi \$: Student Lead 12:00 pm: R2 Pilates: Meagan 12:00 pm: Track Power Hour: Amanda 12:00 pm: CS Cycle HIIT: Margaret 4:30 pm: R1 HIIT Fusion: Chris 5:30 pm: R1 Cardio Dance: Chris</p>	<p>8</p> <p>8:00 am: Track Instructor's Choice Steven</p> <p>8:00 am: R1 Yoga: Nancy</p> <p>9:00 am: R1 R2oup Weight Training Workshop: Jessica &amp; Margaret Leesa?</p> <p>9:30 am: CS Cycle 60: Marcus</p> <p>10:30 am: R1 Body Pump @ Launch 101: Caitlin, Jessica, Leesa, Margaret, Melody, Rebecca</p>
<p>9</p> <p>1:00 pm: R1 Body Pump @: Melody</p> <p>2:15 pm: R1 Zumba @: Dacia</p> <p>2:00 pm: CS Cycle 60: Betsy</p> <p>3:15 pm: R1 Stretch &amp; Tone: Cee</p>	<p>10</p> <p>6:00 am: R1 Body Pump @: Danyl 6:00 am: Track Boot Camp \$: Brenda 6:00 am: R2 Yoga: Self Practice 8:00 am: R1 SS Classic @: Lynne 9:00 am: R1 Strength Tabata: Kristi 9:00 am: R2 Mat Flex: Mary Beth 10:00 am: R1 SS Classic @: Judy 11:00 am: R1 Tai Chi \$: Eric 12:00 pm: CS Cycle 50: Linda 12:00 pm: R1 15/15/15: Amanda 4:30 pm: R1 15/15/15: Amanda 5:30 pm: R1 HIIT Fusion: Amanda 5:30 pm: R2 Yoga Core: Richard 6:00 pm: CS Cycle 60: Betsy 6:00 pm: Track Boot Camp \$: Ginger 6:30 pm: R1 Body Pump @: Jessica 6:30 pm: R2 Beginner Yoga: Jim 7:45 pm: R1 Zumba @: Grace</p>	<p>11</p> <p>6:00 am: R2 Yoga I: Jim 6:00 am: CS Cycle 60: Joanne 8:00 am: R1 Zumba Gold @: Cee 8:30 am: R2 Gentle Yoga: Jim 9:00 am: R1 Dance Flow &amp; Pump: Danyl 10:00 am: R2 Chair Yoga: Jim 10:00 am: Track Next Step: Karen 12:00 pm: R1 Body Pump @: Margaret 12:00 pm: R2 Kundalini Yoga: Karen 4:30 pm: R1 Total Definition: Alexis 5:30 pm: R1 Step &amp; Sculpt: Janet 5:30 pm: R2 Fab Abs: Alexis 6:00 pm: R2 Yoga 1 &amp; 2: Ramona 6:00 pm: CS Cycle 60: Alexis 6:30 pm: R1 Zumba @: Meladie</p>	<p>12</p> <p>6:00 am: R1 Body Pump @: Danyl 6:00 am: Track Boot Camp \$: Brenda 6:00 am: CS Cycle Strength: Sally 6:00 am: R2 Yoga: Self Practice 7:30 am: R2 Wake &amp; Flow: Michaela 8:00 am: R1 SS Circuit @: Molly 9:00 am: R1 Cardio Dance: Chris 9:00 am: R2 Yoga 2: Alison 10:00 am: R1 SS Circuit @: Molly 11:00 am: R1 Tai Chi \$: Eric 12:00 pm: CS Cycle 50: Amanda 12:00 pm: R1 Cardio Pump: Danyl 4:30 pm: R1 HIIT Fusion: Amanda 5:30 pm: R1 Body Pump @: Margaret 6:00 pm: R2 Yoga Flow: Michaela 6:00 pm: CS Cycle Strength: Linda 6:00 pm: Track Boot Camp \$: Ginger 6:45 pm: R1 Line Dancing: Brenda 7:00 pm: R2 Tai Chi \$: Nancy</p>	<p>13</p> <p>6:00 am: R2 Mother Seq.: Self Practice 6:00 am: CS Cycle 60: Betsy 8:00 am: R1 Silver &amp; Fit @: Lynne 8:30 am: R2 Gentle Yoga: Richard 9:00 am: R1 Total Definition: Lynne 10:00 am: R2 Chair Yoga: Richard 12:00 pm: R1 Body Pump @: Danyl 12:00 pm: R2 Pilates: Sarah 4:30 pm: R1 Total Definition: Amanda 5:30 pm: R2 Fab Abs: Amanda 5:30 pm: R1 Turbo Kick @: John 6:00 pm: CS Cycle 60: Amanda 6:15 pm: R2 Yoga Flow: Danyl 6:30 pm: R1 Zumba @: Meladie</p>	<p>14</p> <p>6:00 am: R2 Yoga I: Richard 6:00 am: R1 Body Pump @: Brenda 8:00 am: R1 SS Circuit @: Helen 9:00 am: R1 15/15/15: Margaret 9:00 am: R2 Pilates: Meagan 10:00 am: R1 SS Circuit @: Helen 11:00 am: R2 Tai Chi \$: Student Lead 12:00 pm: R1 Yoga 2: Karen 12:00 pm: Track Power Hour: Amanda 12:00 pm: CS Cycle HIIT: Margaret 4:30 pm: R1 Cardio Dance: Chris 5:30 pm: R1 Zumba @: Grace</p>	<p>15</p> <p>8:00 am: Track Synergy WOD: Kristi</p> <p>8:00 am: R1 Yoga: Nancy</p> <p>9:15 am: R1 SS Cardio Fit @: Lynne **No Chairs used in class**</p> <p>9:30 am: CS Cycle 60: Betsy</p> <p>10:30 am: R1 Body Pump @: Jessica</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>16</b> 1:00 pm: R1 Body Pump @: Melody 2:15 pm: R1 Zumba @: Dacia 2:00 pm: CS Cycle 60: Courtney 3:15pm: R1 Stretch & Tone: Cee	<b>17</b> 6:00 am: R1 Body Pump @: Danyl 6:00 am: Track Boot Camp \$: Brenda 6:00 am: R2 Yoga: Self Practice 8:00 am: R1 SS Classic @: Lynne 9:00 am: R1 Total Definition: Lynne 9:00 am: R2 Mat Flex: Mary Beth 10:00 am: R1 SS Classic @: Judy 11:00 am: R1 Tai Chi \$: Eric 12:00 pm: CS Cycle 50: Linda 12:00 pm: R1 Cardio Pump: Amanda 4:30 pm: R1 15/15/15: Amanda 5:30 pm: R1 Step Athletic: Margaret 5:30 pm: R2 Yoga Core: Richard 6:00 pm: CS Cycle 60: Amanda 6:00 pm: Track Boot Camp \$: Ginger 6:30 pm: R1 Body Pump @: Jessica 6:30 pm: R2 Beginner Yoga: Jim 7:45 pm: R1 Zumba @: Grace	<b>18</b> 6:00 am: R2 Yoga I: Jim 6:00 am: CS Cycle 60: Lisa B. 8:00 am: R1 Zumba Gold @: Cee 8:30 am: R2 Gentle Yoga: Jim 9:00 am: R1 Dance Flow & Pump: Danyl 10:00 am: R2 Chair Yoga: Jim 10:00 am: Track Next Step: Karen 12:00 pm: R1 Body Pump @: Margaret 12:00 pm: R2 Kundalini Yoga: Karen 4:30 pm: R1 Total Definition: Alexis 5:30 pm: R1 Fatburner: Janet 5:30 pm: R2 Fab Abs: Amanda 6:00 pm: R2 Yoga 1 & 2: Danyl 6:00 pm: CS Cycle 60: Betsy 6:30 pm: R1 Zumba @: Meladie	<b>19</b> 6:00 am: R1 Body Pump @: Danyl 6:00 am: Track Boot Camp \$: Brenda 6:00 am: CS Cycle Strength: Betsy 6:00 am: R2 Yoga: Self Practice 7:30 am: R2 Wake & Flow: Michaela 8:00 am: R1 SS Circuit @: Helen 9:00 am: R1 Cardio Dance: Chris 9:00 am: R2 Yoga 2: Alison 10:00 am: R1 SS Circuit @: Helen 11:00 am: R1 Tai Chi \$: Eric 12:00 pm: CS Cycle 50: Amanda 12:00 pm: R1 HIIT Fusion: Danyl 4:30 pm: R1 Cardio Pump: Amanda 5:30 pm: R1 Body Pump @: Jessica 5:30 pm: R2 Yoga Flow: Michaela 6:00 pm: CS Cycle Strength: Amanda 6:00 pm: Track Boot Camp \$: Ginger 6:45 pm: R1 Line Dancing: Grace 7:00 pm: R2 Tai Chi \$: TBD	<b>20</b> 6:00 am: R2 Mother Seq.: Self Practice 6:00 am: CS Cycle 60: Betsy 8:00 am: R1 SS Cardio Fit @: Lynne **No Chairs used in class** 8:30 am: R2 Gentle Yoga: Richard 9:00 am: R1 Barre: Meagan 10:00 am: R2 Chair Yoga: Richard 12:00 pm: R1 Total Definition: Cindy 12:00 pm: R2 Barre: Phylathia 4:30 pm: R1 Turbo Kick @: Alicia 5:30 pm: R2 Fab Abs: Danyl 5:30 pm: R1 Cardio Pump: Alexis 6:00 pm: CS Cycle 60: Lisa 6:15 pm: R2 Yoga Flow: Danyl 6:30 pm: R1 Zumba @: Meladie	<b>21</b> 6:00 am: R2 Yoga I: Richard 6:00 am: R1 Body Pump @: Danyl 8:00 am: R1 SS Circuit @: Molly 9:00 am: R1 15/15/15: Margaret 9:00 am: R2 Pilates: Meagan 10:00 am: R1 SS Circuit @: Molly 11:00 am: R2 Tai Chi \$: Student Lead 12:00 pm: R1 Yoga 2: Karen 12:00 pm: Track Power Hour: Amanda 12:00 pm: CS Cycle HIIT: Margaret 4:30 pm: R1 HIIT Fusion: Chris 5:30 pm: R1 Cardio Dance: Chris	<b>22</b> 8:00 am: R1 TRX Cardio Fusion: Alexis 8:00 am: R2 Yoga: Caitlin 9:15am: R1 Hi/Lo: Lynne 9:30 am: CS Cycle 60: Marcus 10:30 am: R1 Body Pump @: Rebecca
<b>23</b> 1:00 pm: R1 Body Pump @: Melody 2:15 pm: R1 Zumba @: Dacia 2:00 pm: CS Cycle 90: Betsy 3:15pm: R1 Yoga 1 & 2: Janelle	<b>24</b> 6:00 am: R1 Body Pump @: Leesa 6:00 am: Track Boot Camp \$: Brenda 6:00 am: R2 Yoga: Self Practice 8:00 am: R1 SS Classic @: Helen 9:00 am: R1 Strength Tabata: Kristi 9:00 am: R2 Mat Flex: Mary Beth 10:00 am: R1 SS Classic @: Phylathia 11:00 am: R1 Tai Chi \$: Eric 12:00 pm: CS Cycle 50: Linda 12:00 pm: R1 Instructor Choice: Armanda 4:30 pm: R1 15/15/15: Amanda 5:30 pm: R1 BWC: Amanda 5:30 pm: R2 Yoga Core: Richard 6:00 pm: CS Cycle 60: Betsy 6:00 pm: Track Boot Camp \$: Ginger 6:30 pm: R1 Body Pump @: Jessica 6:30 pm: R2 Beginner Yoga: Jim 7:45 pm: R1 Cardio Dance: Chris	<b>25</b> 6:00 am: R2 Yoga I: Jim 6:00 am: CS Cycle 60: Lisa B. 8:00 am: R1 Zumba Gold @: Cee 8:30 am: R2 Gentle Yoga: Jim 9:00 am: R1 Pound: Chris 10:00 am: R2 Chair Yoga: Jim 10:00 am: Track Next Step: Karen 12:00 pm: R1 Body Pump @: Margaret 12:00 pm: R2 Kundalini Yoga: Karen 4:30 pm: R1 HIIT Fusion: Alexis 5:30 pm: R1 Step & Sculpt: Janet 5:30 pm: R2 Fab Abs: Alexis 6:00 pm: R2 Yoga 1 & 2: Ramona 6:00 pm: CS Cycle 60: Alexis 6:30 pm: R1 Zumba @: Caitlin	<b>26</b> 6:00 am: R1 Body Pump @: Leesa 6:00 am: Track Boot Camp \$: Brenda 6:00 am: CS Cycle Strength: Sally 6:00 am: R2 Yoga: Self Practice 7:30 am: R2 Wake & Flow: Michaela 8:00 am: R1 SS Circuit @: Helen 9:00 am: R1 Cardio Dance: Chris 9:00 am: R2 Yoga 2: Alison 10:00 am: R1 SS Circuit @: Helen 11:00 am: R1 Tai Chi \$: Eric 12:00 pm: CS Cycle 50: Amanda 12:00 pm: R1 Instructor Choice: Steven 4:30 pm: R1 Total Definition: Amanda 5:30 pm: R1 Body Pump @: Margaret 5:30 pm: R2 Yoga Flow: Michaela 6:00 pm: CS Cycle Strength: Linda 6:00 pm: Track Boot Camp \$: Ginger 6:45 pm: R1 Line Dancing: Brenda 7:00 pm: R2 Tai Chi \$: TBD	<b>27</b> 6:00 am: R2 Mother Seq.: Self Practice 6:00 am: CS Cycle 60: Betsy 8:00 am: R1 Silver & Fit @: Helen 8:30 am: R2 Gentle Yoga: Richard 9:00 am: R1 Total Definition: Arlene 10:00 am: R2 Chair Yoga: Richard 12:00 pm: R1 Body Pump @: Rebecca 12:00 pm: R2 Pilates: Sarah 4:30 pm: R1 Turbo Kick @: Alicia 5:30 pm: R2 Fab Abs: Amanda 5:30 pm: R1 Turbo Kick @: John 6:00 pm: CS Cycle 60: Amanda	<b>28</b> 6:00 am: R2 Yoga I: Richard 6:00 am: R1 Body Pump @: Brenda 8:00 am: R1 SS Circuit @: Lynne 9:00 am: R1 15/15/15: Margaret 9:00 am: R2 Pilates: Meagan 10:00 am: R1 SS Circuit @: Lynne 11:00 am: R2 Tai Chi \$: Student Lead 12:00 pm: R1 Yoga 2: Karen 12:00 pm: Track Power Hour: Amanda 12:00 pm: CS Cycle HIIT: Margaret 4:30 pm: R1 Turbo Kick: Chris 5:30 pm: R1 HIIT Fusion: Chris	<b>29</b> 8:00 am: R1 TRX HIIT Fusion: Alexis 8:00 am: R2 Yoga: Nancy 9:15am: R1 Fatburner: Janet 9:30 am: CS Cycle 60: Betsy 10:30 am: R1 Body Pump @: Jessica
<b>30</b> 1:00 pm: R1 Body Pump @: Melody 2:15 pm: R1 Zumba @: Phylathia 2:00 pm: CS Cycle 60: Courtney 3:15pm: R1 Yoga 1 & 2: Caitlin	<b>31</b> 6:00 am: R1 Body Pump @: Leesa 6:00 am: Track Boot Camp \$: Brenda 6:00 am: R2 Yoga: Self Practice 8:00 am: R1 SS Classic @: Lynne 9:00 am: R1 Total Definition: Lynne 9:00 am: R2 Yoga I: Kristi 10:00 am: R1 SS Classic @: Lynne 11:00 am: R1 Tai Chi \$: Eric 12:00 pm: CS Cycle 50: Linda 12:00 pm: R1 HIIT Fusion: Amanda 4:30 pm: R1 15/15/15: Amanda 5:30 pm: R1 Instructor Choice: Margaret 5:30 pm: R2 Yoga Core: Richard 6:00 pm: CS Cycle 60: Amanda 6:00 pm: Track Boot Camp \$: Ginger 6:30 pm: R1 Body Pump @: Jessica 6:30 pm: R2 Beginner Yoga: Richard 7:45 pm: R1 Zumba @: Grace	<b>Class Information:</b> <ul style="list-style-type: none"> <li>• All Classes are 50 minutes in length (unless otherwise noted).</li> <li>• Body PUMP @ Classes are limited to 39 participants (due to equipment).</li> <li>• Body PUMP @ Classes last approximately 60 minutes length.</li> <li>• Fab Abs Classes are approximately 20-25 minutes in length.</li> <li>• Cycle HIIT Classes are approximately 30 minutes in length.</li> <li>• Cycle Classes vary in length (number next to class denotes class duration).</li> <li>• \$ Denotes Class is NOT included with membership (please register at the Front Desk).</li> <li>• Self-Practice denotes that there is not an assigned instructor to lead the class but the space is reserved for member use.</li> <li>• R1 Denotes R2oup Exercise Room 1 (second floor).</li> <li>• R2 Denotes R2oup Exercise Room 2 (second floor).</li> <li>• R2 Denotes Green Room (first floor).</li> <li>• CS Denotes Cycle Studio (first floor).</li> </ul>				<b>Questions?</b>  <b>Contact:</b> <b>Kristi Hunter</b> <b>Kristi.hunter@ymcagreensboro.org</b> <b>336.478.9622</b>