



Bryan YMCA GX Schedule June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Times: 6 am or 6 pm</p> <p>Days: Mondays & Wednesdays</p> <p>Coaches: Brenda & Ginger</p> <p>Sign-up today at the front desk!</p>	<p>Questions?</p>  <p>Contact: Kristi Hunter Kristi.hunter@ymcagreensboro.org 336.478.9622</p>	<p>Need something new?</p> <p>Try a Personal Trainer!</p> <p>DEDICATION MOTIVATION ACCOUNTABILITY Personal training</p> <p><i>Please see the Wellness Team for details.</i></p>	<p>1</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: GR Gentle Yoga: Richard 9:00 am: R1 Strength Tabata: Kristi 10:00 am: R2 Chair Yoga: Richard 12:00 pm: R1 Total Definition: Cindy 12:00 pm: R2 Pilates: Sarah 5:30 pm: R2 Fab Abs: Sally 6:00 pm: CS Cycle 60: Sally 6:15 pm: R2 Yoga I: Cindy</p>	<p>2</p> <p>6:00 am: R2 Yoga: Richard 6:00 am: R1 Body Pump @: Danyl 8:00 am: R1 SS Circuit @: Judy 9:00 am: R1 15/15/15: Margaret 9:00 am: R2 BWC: Arlene 10:00 am: R1 SS Circuit @: Judy 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 Zumba @: Grace 5:30 pm: R1 Zumba @: Caitlin</p>	<p>3</p> <p>8:00 am: R1 TRX Cardio HIIT Fusion: Alexis</p> <p>8:00 am: R2 Yoga: Nancy</p> <p>9:15 am: R1 Cardio Pump: Alexis</p> <p>9:30 am: CS Cycle 60: Betsy</p> <p>10:30 am: R1 Body Pump @: Jessica</p>	
<p>4</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: Courtney</p> <p>3:15 pm: R1 Yoga I & 2: Danyl</p>	<p>5</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 Total Definition: Lynne 9:00 am: R2 Mat Flex: Alison 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</p>	<p>6</p> <p>6:00 am: R2 Yoga I: Danyl 6:00 am: CS Cycle 60: Lisa B. 8:00 am: R1 Zumba Gold @: Cee 8:30 am: GR Gentle Yoga: Richard 9:00 am: R1 Dance Flow & Pump: Danyl 10:00 am: R2 Chair Yoga: Richard 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: Amanda 5:30 pm: R1 Fatburner: Janet 5:30 pm: R2 Fab Abs: Amanda 6:00 pm: R2 Yoga 1 & 2: Ramona 6:00 pm: CS Cycle 60: Betsy 6:30 pm: R1 Zumba @: Meladie</p>	<p>7</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: GR Wake & Flow: Michaela 8:00 am: R1 SS Circuit @: Helen 9:00 am: R1 Cardio Dance: Chris 9:00 am: GR 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 Step & Sculpt: Cindy 4:30 pm: R1 Total Definition: 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 \$: Nancy</p>	<p>8</p> <p>6:00 am: R2 Mother Seq.: Self Practice 6:00 am: CS Cycle 60: Betsy 8:00 am: R1 Silver & Fit @: Lynne 8:30 am: GR Gentle Yoga: Alison 9:00 am: R1 Barre: Meagan 10:00 am: R2 Chair Yoga: Alison 12:00 pm: R1 Body Pump @: Rebecca 12:00 pm: R2 Pilates: Sarah 4:30 pm: R1 Cardio Kickboxing: Danyl 5:30 pm: R2 Fab Abs: Sally 5:30 pm: R1 Turbo Kick @: John 6:00 pm: CS Cycle 60: Sally 6:15 pm: R2 Yoga Flow: Danyl 6:30 pm: R1 Zumba @: Meladie</p>	<p>9</p> <p>6:00 am: R2 Yoga I: Self Practice 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</p>	<p>10</p> <p>8:00 am: Track Instructor's Choice Sarah</p> <p>8:00 am: R1 Yoga: Nancy</p> <p>9:15 am: R1 TaiRoGa @: Nancy</p> <p>9:30 am: CS Cycle 60: Marcus</p> <p>10:30 am: R1 Body Pump @: Rebecca</p>
<p>11</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 Yoga I & 2: Danyl</p>	<p>12</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 Total Definition: Lynne 9:00 am: R2 Mat Flex: Mary Beth 10:00 am: R1 SS Classic @: Helen 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 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: Richard 7:45 pm: R1 Zumba @: Grace</p>	<p>13</p> <p>6:00 am: R2 Yoga I: Self Practice 6:00 am: CS Cycle 60: Lisa B. 8:00 am: R1 Zumba Gold @: Cee 8:30 am: R2 Gentle Yoga: Richard 9:00 am: R1 Dance Flow & Pump: Danyl 10:00 am: R2 Chair Yoga: Richard 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 & 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 @: Meladie</p>	<p>14</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 & 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 5:30 pm: R2 Yoga Flow: Michaela 6:00 pm: CS Cycle Strength: Sally 6:00 pm: Track Boot Camp \$: Ginger 6:45 pm: R1 Line Dancing: Brenda 7:00 pm: R2 Tai Chi \$: Nancy</p>	<p>15</p> <p>6:00 am: R2 Mother Seq.: Self Practice 6:00 am: CS Cycle 60: Betsy 8:00 am: R1 Silver & 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 @: Rebecca 12:00 pm: R2 Pilates: Sarah 4:30 pm: R1 BWC: Sally 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>16</p> <p>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 Cardio Dance: Chris 5:30 pm: R1 Zumba @: Grace</p>	<p>8:00 am: R1 Power Hour: Amanda</p> <p>8:00 am: R2 Yoga: Self Practice</p> <p>9:15 am: R1 15/15/15: Alexis</p> <p>9:30 am: CS Cycle 60: Betsy</p> <p>10:30 am: R1 Body Pump @: Jessica</p>

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25 1:00 pm: R1 Body Pump @: Melody 2:15 pm: R1 Zumba @: Dacia 2:00 pm: CS Cycle 90: Betsy 3:15pm: R1 Stretch & Tone: Cee	26 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 @: Helen 11:00 am: R1 Tai Chi \$: Eric 12:00 pm: CS Cycle 50: Cindy 12:00 pm: R1 Instructor Choice: Amanda 4:30 pm: R1 HIIT Fusion: Alicia 5:30 pm: R1 Instructor Choice: Amanda 5:30 pm: R2 Yoga I: Mary Beth 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: Alison 7:45 pm: R1 Zumba @: Grace	27 6:00 am: R2 Yoga I: Self Practice 6:00 am: CS Cycle 60: Joanne 8:00 am: R1 Zumba Gold @: Cee 8:30 am: R2 Gentle Yoga: Richard 9:00 am: R1 Dance Flow & Pump: Danyl 10:00 am: R2 Chair Yoga: Richard 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 & 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 @: Meladie	28 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 & 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 @: Lynne 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 Cardio Pump: Amanda 5:30 pm: R1 Body Pump @: Margaret 5:30 pm: R2 Yoga Flow: Michaela 6:00 pm: CS Cycle Strength: Betsy 6:00 pm: Track Boot Camp \$: Ginger 6:45 pm: R1 Line Dancing: Brenda 7:00 pm: R2 Tai Chi \$: Nancy	29 6:00 am: R2 Mother Seq.: Self Practice 6:00 am: CS Cycle 60: Betsy 8:00 am: R1 Silver & 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 @: Rebecca 12:00 pm: R2 Pilates: Sarah 4:30 pm: R1 Total Definition: 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: Danyl 6:30 pm: R1 Zumba @: Meladie	30 6:00 am: R2 Yoga I: Richard 6:00 am: R1 Body Pump @: Danyl 8:00 am: R1 SS Circuit @: Judy 9:00 am: R1 15/15/15: Margaret 9:00 am: R2 Pilates: Meagan 10:00 am: R1 SS Circuit @: Judy 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	

Class Information:

- All Classes are 50 minutes in length (unless otherwise noted).
- Body PUMP @ Classes are limited to 39 participants (due to equipment).
- Body PUMP @ Classes last approximately 60 minutes length.
- Fab Abs Classes are approximately 20-25 minutes in length.
- Cycle HIIT Classes are approximately 30 minutes in length.
- Cycle Classes vary in length (number next to class denotes class duration).
- \$ Denotes Class is NOT included with membership (please register at the Front Desk).
- Self-Practice denotes that there is not an assigned instructor to lead the class but the space is reserved for member use.
- R1 Denotes Group Exercise Room 1 (second floor).
- R2 Denotes Group Exercise Room 2 (second floor).
- GR Denotes Green Room (first floor).
- CS Denotes Cycle Studio (first floor).