



Simmons YMCA | August 4th - August 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Line Dance Simmons YMCA Book			9:30AM-10:15AM (Group Exercise) <i>Pattie L.</i>				
Zumba® Simmons: Group Exercise Studio Book				11:30AM-12:25PM (Group Exercise) <i>Nicole F.</i> 6:00PM-6:55PM (Group Exercise) <i>Allison D.</i>			
MixedFit® Simmons: Group Exercise Studio Book						10:45AM-11:40AM (Group Exercise) <i>Pariss C.</i>	
Line Dance Simmons: Group Exercise Studio Book							1:30PM-2:15PM (Group Exercise) <i>Pariss C.</i>



Keith Family YMCA | August 4th - August 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Line Dance Keith: Gymnasium/Side B Book			10:00AM-10:45AM (Group Exercise) <i>Anjanete S.</i>				
Zumba® Keith: Group Exercise Studio Book				6:30PM-7:15PM (Group Exercise) <i>James R.</i>		9:30AM-10:15AM (Group Exercise) <i>James R.</i>	



Morrison Family YMCA | August 4th - August 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Dance Morrison: Main Group Exercise Room Book			10:30AM-11:20AM (Group Exercise) <i>Elizabeth T.</i>				
Zumba® Morrison: Main Group Exercise Room Book				12:15PM-1:00PM (Group Exercise) <i>Andreia W.</i>	10:30AM-11:30AM (Group Exercise) <i>Maria G.</i>		1:30PM-2:20PM (Group Exercise) <i>Elizabeth M.</i>



Lowe's YMCA | August 4th - August 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Dance Lowe's: Studio A Book			4:30PM-5:20PM (Group Exercise) <i>Kim G.</i>	9:00AM-9:50AM (Group Exercise) <i>Krista H.</i>		10:00AM-10:50AM (Group Exercise) <i>Kim G.</i>	



Johnston YMCA | August 4th - August 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MixedFit® Johnston: Group Exercise Studio Book			5:45PM-6:30PM (Group Exercise) <i>Carolyn B.</i>				



Stratford Richardson YMCA | August 4th - August 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Dance Book			6:15PM-7:00PM (Group Exercise) <i>Nadege B.</i>				
MixedFit® Stratford Richardson YMCA Book			6:15PM-7:00PM (Group Exercise) <i>Nadege B.</i>			10:30AM-11:30AM (Group Exercise) <i>Nadege B.</i>	2:00PM-3:00PM (Group Exercise) <i>Nadege B.</i>
MixedFit® Book						10:30AM-11:15AM (Group Exercise) <i>Martika G.</i>	
Line Dance Stratford Richardson YMCA Book							1:00PM-2:00PM (Group Exercise) <i>Maxie M.</i>



Harris YMCA | August 4th - August 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Dance Harris: Group Exercise Book			6:45PM-7:40PM (Group Exercise) <i>Marie D.</i>	9:30AM-10:25AM (Group Exercise) <i>Elizabeth T.</i> 6:45PM-7:40PM (Group Exercise) <i>Sammi D.</i>		1:00PM-1:55PM (Group Exercise) <i>Sammi D.</i>	
Dance & Burn® Harris: Gymnasium - Court A Book							1:00PM-1:55PM (Group Exercise) <i>Mary M.</i>



Brace Family YMCA | August 4th - August 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba® Brace: Group Exercise Room 2 Book			6:45PM-7:40PM (Group Exercise) <i>Alisa K.</i>	10:30AM-11:25AM (Group Exercise) <i>Maria G.</i>		11:15AM-12:10PM (Group Exercise) <i>Irina P.</i>	2:45PM-3:40PM (Group Exercise) <i>Ely J.</i>



Dowd YMCA | August 4th - August 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Choreographed Hip Hop Dowd: Keith Studio Book			7:30PM-8:30PM (Group Exercise) <i>Allison L.</i>				
Cardio Dance Dowd: Keith Studio Book				5:15PM-6:00PM (Group Exercise) <i>Master J.</i>		11:00AM-11:45AM (Group Exercise) <i>Edycia M.</i>	1:15PM-2:00PM (Group Exercise) <i>Edycia M.</i>



Sara's YMCA | August 4th - August 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Turn Up Dance Fitness® Sara's: Group Exercise Studio Book				6:00PM-6:55PM (Group Exercise) <i>Julia M.</i>			
Zumba® Sara's: Group Exercise Studio Book						10:30AM-11:20AM (Group Exercise) <i>Elizabeth M.</i>	



McCrorey YMCA | August 4th - August 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MixedFit® McCrorey: Gymnasium Book				6:50PM-7:40PM (Group Exercise) <i>Martika G.</i>			
Zumba® McCrorey: Multipurpose Room 1 Book						9:30AM-10:15AM (Group Exercise) <i>Carla C.</i>	



Lake Norman YMCA | August 4th - August 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Dance Lake Norman: Gymnasium/Court 1 Book					9:30AM-10:25AM (Group Exercise) <i>Angie S.</i>		