Brace Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core Strength Brace: Group Exercise Room 2 Book			5:30AM-5:40AM (Group Exercise) *Heather A.*				
Barre Brace: Mind Body Studio Book			8:00AM-9:00AM (Group Exercise) *Renee G.* 5:45PM-6:35PM (Group Exercise) *Elise M.*	9:00AM-9:50AM (Group Exercise) *Amanda O.*	8:00AM-9:00AM (Group Exercise) *Kaycie F.*		
Pilates Brace: Mind Body Studio Book			9:15AM-10:15AM (Group Exercise) *Janie L.*		10:45AM-11:45AM (Group Exercise) *Alice F.*	9:45AM-10:45AM (Group Exercise) *Janie L.*	

Dowd YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Abs Dowd: Keith Studio Book			5:45AM-6:00AM (Group Exercise) *Michelle M.*				
Pilates Dowd: Barre Studio Book			7:15AM-8:15AM (Group Exercise) *Ashley S.* 6:45PM-7:45PM (Group Exercise) *Kimberly D.*	7:00AM-8:00AM (Group Exercise) *Tony R.* 8:30AM-9:30AM (Group Exercise) *Ashley S.* 5:30PM-6:30PM (Group Exercise) *Dowd R.*	7:15AM-8:15AM (Group Exercise) *Kimberly D.* 10:00AM-11:00AM (Group Exercise) *Julie W.*	9:30AM-10:30AM (Group Exercise) *Kesha D.*	1:45PM-2:45PM (Group Exercise) *Maddi R.*
Barre Dowd: Barre Studio Book			9:30AM-10:30AM (Group Exercise) *Julie W.* 12:30PM-1:30PM (Group Exercise) *Elise M.* 5:30PM-6:30PM (Group Exercise) *Kimberly D.*	6:00AM-6:45AM (Group Exercise) *Heather H.* 10:00AM-11:00AM (Group Exercise) *Mardee J.*	8:45AM-9:45AM (Group Exercise) *Julie W.* 12:30PM-1:30PM (Group Exercise) *Ashley S.*	8:15AM-9:15AM (Group Exercise) *Heather H.*	12:30PM-1:30PM (Group Exercise) *Dowd R.*
$ Private Pilates 45mins Dowd: Pilates Reformer Studio Book			10:45AM-11:30AM (Appointments) *Julie W.*				
$ Private Pilates 60mins Dowd YMCA Book			12:00PM-1:00PM (Appointments) *Ashley S.*	6:00AM-7:00AM (Appointments) *Julie W.*			
$ Private Pilates 45mins Dowd YMCA Book				9:45AM-10:30AM (Appointments) *Julie W.* 11:15AM-12:00PM (Appointments) *Lauren G.* 12:15PM-1:00PM (Appointments) *Lauren G.*			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Foundation Training Dowd: Barre Studio Book					5:30PM-6:30PM (Group Exercise) *Brandon T.*		

Harris YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Harris: Multi-Purpose Studio Book			6:00AM-6:55AM (Group Exercise) *Nancy D.*				
Core Strength Harris: Group Exercise Book			7:15AM-8:00AM (Group Exercise) *Linda M.*				
Barre Harris: Group Exercise Book			9:30AM-10:25AM (Group Exercise) *Cristen N.*	10:45AM-11:40AM (Group Exercise) *Cristen N.*		10:15AM-11:10AM (Group Exercise) *Linda M.*	
Pilates Harris: Group Exercise Book				8:15AM-9:10AM (Group Exercise) *Laurel Z.*	9:30AM-10:25AM (Group Exercise) *Lisa M.*		
Foundation Training Harris: Group Exercise Book					1:30PM-2:30PM (Group Exercise) *Joshua B.*		
Core Strength Harris YMCA Book							3:00PM-3:55PM (Group Exercise) *Gay G.*

Morrison Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Morrison: Dhaliwal Studio Book			8:30AM-9:20AM (Group Exercise) *Kathryn A.* 5:45PM-6:35PM (Group Exercise) *Beth R.*	9:45AM-10:40AM (Group Exercise) *April R.*	8:30AM-9:20AM (Group Exercise) *Andrea B.*	9:45AM-10:35AM (Group Exercise) *Karli A.*	12:15PM-1:15PM (Group Exercise) *Susan Z.*
Upbeat Barre® Morrison: Dhaliwal Studio Book			10:50AM-11:50AM (Group Exercise) *Kaycie F.*	8:30AM-9:25AM (Group Exercise) *Patti R.* 12:00PM-12:45PM (Group Exercise) *Kris A.* 6:00PM-6:50PM (Group Exercise) *Patti R.*	11:30AM-12:20PM (Group Exercise) *Kaycie F.*		
Barre Morrison: Dhaliwal Studio Book			4:30PM-5:20PM (Group Exercise) *Maria M.*			11:00AM-11:50AM (Group Exercise) *Elise M.*	
Core Strength Morrison: Dhaliwal Studio Book					10:50AM-11:20AM (Group Exercise) *Vanessa B.*		

Lake Norman YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Barre Lake Norman: Barre Studio Book			8:30AM-9:15AM (Group Exercise) *Nancy G.* 9:30AM-10:15AM (Group Exercise) *Nancy G.* 5:30PM-6:15PM (Group Exercise) *Jena B.*	8:45AM-9:15AM (Group Exercise) *Carrie G.*	8:30AM-9:15AM (Group Exercise) *Jill L.*	10:30AM-11:15AM (Group Exercise) *Nancy G.*	
Pilates Lake Norman: Barre Studio Book					9:30AM-10:25AM (Group Exercise) *Christien B.*		

Sara's YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Sara's: Group Exercise Studio Book			10:30AM-11:25AM (Group Exercise) *Karli A.*		12:00PM-12:55PM (Group Exercise) *Dorie M.*		
Barre Sara's: Mind/Body Studio Book				9:15AM-10:05AM (Group Exercise) *Elise M.*			

Childress Klein YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Childress Klein: Annex/Studio Book			5:45PM-6:45PM (Group Exercise) *Momtaz G.*				

McCrorey YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates McCrorey YMCA Book			7:00PM-7:45PM (Group Exercise) *Janice K.*				
Core Strength McCrorey YMCA Book				7:30AM-7:45AM (Group Exercise) *Mary K.*			
Barre McCrorey YMCA Book						10:30AM-11:15AM (Group Exercise) *Preeta D.*	

Simmons YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Simmons: Group Exercise Studio Book				9:45AM-10:30AM (Group Exercise) *Queen S.*			

Keith Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Keith: Group Exercise Studio Book					5:30AM-6:15AM (Group Exercise) *Kesha D.*		

Lowe's YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Lowe's: Studio B Book					8:00AM-8:50AM (Group Exercise) *Charmayne B.* 10:00AM-10:50AM (Group Exercise) *Mardee J.*		

Harris Express YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core Strength Harris Express: Group Exercise Book						9:30AM-10:25AM (Group Exercise) *Gay G.*	