

# YMCA Class Schedule

## Winston Family YMCA

MON	5:30 - 7:00am	<b>MASTERS SWIM PROGRAM - Certified Coaches</b>	<b>Winston Family YMCA</b>
	5:30am - 5:30pm	<b>LAP SWIM - Lifeguard</b>	<b>Winston Family YMCA</b>
	5:30 - 9:00am	<b>Open Swim - Lifeguard</b>	<b>Winston Family YMCA</b>
	8:00 - 9:00am	<b>Y-FIT - Ryan</b>	<b>Winston Family YMCA</b>
	9:00 - 10:00am	<b>SILVER SNEAKERS CIRCUIT - Pam</b>	<b>Winston Family YMCA</b>
	9:30 - 10:30am	<b>BODYPUMP - Nicole</b>	<b>Winston Family YMCA</b>
	9:30 - 10:30am	<b>CYCLE - Molly</b>	<b>Winston Family YMCA</b>
	9:30 - 10:30am	<b>MULTI-LEVEL YOGA - Elyse</b>	<b>Winston Family YMCA</b>
	9:45 - 10:15am	<b>KID'S FITNESS 3-4 - Ca Hee</b>	<b>Winston Family YMCA</b>
	10:00 - 11:00am	<b>SPLASH DANCE - Meghan</b>	<b>Winston Family YMCA</b>
	10:15 - 10:45am	<b>KID'S FITNESS 5+ - Ca Hee</b>	<b>Winston Family YMCA</b>
	10:45 - 11:30am	<b>BODYSTEP - Nicole</b>	<b>Winston Family YMCA</b>
	11:00am - 3:30pm	<b>Open Swim - Lifeguard</b>	<b>Winston Family YMCA</b>
	3:30 - 5:00pm	<b>Community Outreach - Lifeguard</b>	<b>Winston Family YMCA</b>
	5:00 - 6:00pm	<b>Open Swim - Lifeguard</b>	<b>Winston Family YMCA</b>
	5:30 - 6:30pm	<b>Flyers in Training - Lukael</b>	<b>Winston Family YMCA</b>
	5:30 - 7:30pm	<b>FLYERS SWIM TEAM - Jean</b>	<b>Winston Family YMCA</b>
	5:30 - 9:00pm	<b>LAP SWIM - Lifeguard</b>	<b>Winston Family YMCA</b>
	6:00 - 6:40pm	<b>SWIM LESSONS - Lifeguard</b>	<b>Winston Family YMCA</b>
	7:00 - 8:00pm	<b>AQUA FITNESS - Karin</b>	<b>Winston Family YMCA</b>
7:00 - 9:00pm	<b>Open Swim - Lifeguard</b>	<b>Winston Family YMCA</b>	
TUE	5:30am - 5:30pm	<b>LAP SWIM - Lifeguard</b>	<b>Winston Family YMCA</b>
	5:30 - 8:00am	<b>Open Swim - Lifeguard</b>	<b>Winston Family YMCA</b>
	5:30 - 6:00am	<b>CXWORX (CORE) - Lisa K.</b>	<b>Winston Family YMCA</b>
	6:00 - 7:00am	<b>POWER YOGA - Yasmin</b>	<b>Winston Family YMCA</b>
	6:00 - 6:45am	<b>CYCLE - Jane</b>	<b>Winston Family YMCA</b>
	6:00 - 7:00am	<b>Y-FIT - Jeff</b>	<b>Winston Family YMCA</b>
	6:05 - 6:50am	<b>BODYSTEP - Tracy</b>	<b>Winston Family YMCA</b>
	8:00 - 8:50am	<b>GENTLE AQUA - Suzy</b>	<b>Winston Family YMCA</b>
	8:00 - 8:50am	<b>AQUA ARTHRITIS - Suzy</b>	<b>Winston Family YMCA</b>
	8:45 - 9:45am	<b>PILATES - Lisa H.</b>	<b>Winston Family YMCA</b>
	8:45 - 9:15am	<b>SPRINT - Mike</b>	<b>Winston Family YMCA</b>

9:00 - 9:45am	<b>SILVER SNEAKERS - Fredda</b>	<b>Winston Family YMCA</b>
9:00 - 10:00am	<b>AQUA FITNESS - Miles</b>	<b>Winston Family YMCA</b>
9:00 - 10:00am	<b>AQUA FITNESS - Miles</b>	<b>Winston Family YMCA</b>
9:00 - 10:00am	<b>AQUA FITNESS - Miles</b>	<b>Winston Family YMCA</b>
9:30 - 10:30am	<b>ZUMBA - Sarah C.</b>	<b>Winston Family YMCA</b>
9:30 - 10:30am	<b>RPM (CYCLE) - Mike</b>	<b>Winston Family YMCA</b>
9:30 - 10:00am	<b>KIDS' YOGA - Elyse</b>	<b>Winston Family YMCA</b>
9:30 - 10:15am	<b>Y-FIT TRX - Randi</b>	<b>Winston Family YMCA</b>
10:00 - 11:00am	<b>FLUIDITY BARRE - Elyse</b>	<b>Winston Family YMCA</b>
10:00 - 11:00am	<b>GENTLE YOGA - Suzy</b>	<b>Winston Family YMCA</b>
10:45 - 11:15am	<b>CXWORX (CORE) - Sarah C.</b>	<b>Winston Family YMCA</b>
11:00am - 3:30pm	<b>Open Swim - Lifeguard</b>	<b>Winston Family YMCA</b>
11:15am - 12:00pm	<b>CHAIR YOGA - Suzy</b>	<b>Winston Family YMCA</b>
11:15am - 12:15pm	<b>RESTORATIVE YOGA - Sarah S.</b>	<b>Winston Family YMCA</b>
12:15 - 1:15pm	<b>BODYPUMP - Brandy</b>	<b>Winston Family YMCA</b>
12:15 - 1:15pm	<b>CYCLE - Bob</b>	<b>Winston Family YMCA</b>
12:15 - 1:00pm	<b>Y-FIT TRX - Jeff</b>	<b>Winston Family YMCA</b>
12:30 - 1:30pm	<b>MULTI-LEVEL YOGA - Sarah S.</b>	<b>Winston Family YMCA</b>
3:30 - 5:00pm	<b>Community Outreach - Lifeguard</b>	<b>Winston Family YMCA</b>
4:15 - 5:15pm	<b>BEGINNER YOGA - Kimberly</b>	<b>Winston Family YMCA</b>
4:30 - 5:15pm	<b>BODYPUMP - John</b>	<b>Winston Family YMCA</b>
5:00 - 5:30pm	<b>SPRINT - Ian</b>	<b>Winston Family YMCA</b>
5:00 - 5:30pm	<b>SWIM LESSONS - Lifeguard</b>	<b>Winston Family YMCA</b>
5:00 - 6:45pm	<b>Open Swim - Lifeguard</b>	<b>Winston Family YMCA</b>
5:30 - 6:30pm	<b>ZUMBA - Carla</b>	<b>Winston Family YMCA</b>
5:30 - 6:00pm	<b>GRIT (H.I.T.) - Ian</b>	<b>Winston Family YMCA</b>
5:30 - 6:30pm	<b>PILATES - Kris</b>	<b>Winston Family YMCA</b>
5:30 - 6:30pm	<b>Flyers in Training - Lukael</b>	<b>Winston Family YMCA</b>
5:30 - 7:30pm	<b>FLYERS SWIM TEAM - Jean</b>	<b>Winston Family YMCA</b>
5:30 - 9:00pm	<b>LAP SWIM - Lifeguard</b>	<b>Winston Family YMCA</b>
5:30 - 6:30pm	<b>YOGA @ UNITY PLAZA - Sarah S.</b>	<b>Winston Family YMCA</b>
5:35 - 6:35pm	<b>CYCLE - Karin</b>	<b>Winston Family YMCA</b>
6:15 - 7:00pm	<b>Y-FIT TRX - Annie</b>	<b>Winston Family YMCA</b>
6:35 - 7:05pm	<b>CXWORX (CORE) - Yelena</b>	<b>Winston Family YMCA</b>
6:45 - 7:45pm	<b>MULTI-LEVEL YOGA - Sarah</b>	<b>Winston Family YMCA</b>
6:45 - 7:30pm	<b>RPM (CYCLE) - Mel</b>	<b>Winston Family YMCA</b>
6:45 - 7:45pm	<b>AQUA ZUMBA - Jolisa</b>	<b>Winston Family YMCA</b>

	6:45 - 7:30pm	<b>AQUA ZUMBA - Jolisa</b>	<b>Winston Family YMCA</b>
	7:15 - 8:15pm	<b>ZUMBA - Allisha</b>	<b>Winston Family YMCA</b>
	7:30 - 8:00pm	<b>SWIM LESSONS - Lifeguard</b>	<b>Winston Family YMCA</b>
<b>WED</b>	5:15 - 6:00am	<b>CYCLE - Jennifer</b>	<b>Winston Family YMCA</b>
	5:30 - 7:00am	<b>MASTERS SWIM PROGRAM - Certified Coaches</b>	<b>Winston Family YMCA</b>
	5:30am - 5:30pm	<b>LAP SWIM - Lifeguard</b>	<b>Winston Family YMCA</b>
	5:30 - 9:00am	<b>Open Swim - Lifeguard</b>	<b>Winston Family YMCA</b>
	5:45 - 6:45am	<b>BODYPUMP - Lisa W.</b>	<b>Winston Family YMCA</b>
	6:00 - 7:00am	<b>BODYFLOW (TAI CHI/YOGA/PILATES) - John</b>	<b>Winston Family YMCA</b>
	6:05 - 6:50am	<b>CYCLE - Christie</b>	<b>Winston Family YMCA</b>
	7:00 - 7:30am	<b>DAWN PATROL - John/Bill</b>	<b>Winston Family YMCA</b>
	8:00 - 9:00am	<b>Y-FIT - Frank</b>	<b>Winston Family YMCA</b>
	8:15 - 9:15am	<b>POWER YOGA - Yasmin</b>	<b>Winston Family YMCA</b>
	8:30 - 9:30am	<b>AQUA FITNESS - Julianne</b>	<b>Winston Family YMCA</b>
	8:30 - 9:30am	<b>DEEP WATER AQUA - Julianne</b>	<b>Winston Family YMCA</b>
	8:30 - 9:15am	<b>ZUMBA - Jolisa</b>	<b>Winston Family YMCA</b>
	8:45 - 9:15am	<b>ZONE CYCLE - Randi</b>	<b>Winston Family YMCA</b>
	9:00 - 9:45am	<b>SILVER SNEAKERS - Michael</b>	<b>Winston Family YMCA</b>
	9:30 - 10:30am	<b>BODYPUMP - Sherry</b>	<b>Winston Family YMCA</b>
	9:30 - 10:30am	<b>CYCLE - Rachel</b>	<b>Winston Family YMCA</b>
	9:30 - 10:30am	<b>BEGINNER YOGA - Heather</b>	<b>Winston Family YMCA</b>
	9:45 - 10:15am	<b>GRIT (H.I.T.) - Mike</b>	<b>Winston Family YMCA</b>
	10:00 - 11:00am	<b>AQUA FITNESS - Julianne</b>	<b>Winston Family YMCA</b>
	10:00 - 11:00am	<b>AQUA FITNESS - Julianne</b>	<b>Winston Family YMCA</b>
	10:30 - 11:30am	<b>SILVER SNEAKERS CIRCUIT - Pam</b>	<b>Winston Family YMCA</b>
	10:45 - 11:45am	<b>BODYFLOW (TAI CHI/YOGA/PILATES) - Mike</b>	<b>Winston Family YMCA</b>
	10:45 - 11:45am	<b>BODYCOMBAT - Aimee/Meredith</b>	<b>Winston Family YMCA</b>
	11:00am - 3:30pm	<b>Open Swim - Lifeguard</b>	<b>Winston Family YMCA</b>
	11:45am - 12:30pm	<b>LINE DANCING - Kim</b>	<b>Winston Family YMCA</b>
	12:00 - 1:00pm	<b>PILATES - Megan</b>	<b>Winston Family YMCA</b>
	12:15 - 1:15pm	<b>ZUMBA - Ca Hee</b>	<b>Winston Family YMCA</b>
	12:15 - 1:15pm	<b>CYCLE - Kate</b>	<b>Winston Family YMCA</b>
	12:15 - 1:00pm	<b>Y-FIT - Ryan</b>	<b>Winston Family YMCA</b>
	3:30 - 5:00pm	<b>Community Outreach - Lifeguard</b>	<b>Winston Family YMCA</b>
	4:15 - 5:15pm	<b>MULTI-LEVEL YOGA - Sarah S.</b>	<b>Winston Family YMCA</b>
	4:30 - 5:15pm	<b>BODYSTEP - Bee</b>	<b>Winston Family YMCA</b>

	5:00 - 6:00pm	<b>Open Swim - Lifeguard</b>	<b>Winston Family YMCA</b>
	5:30 - 6:30pm	<b>BODYPUMP - Lisa K.</b>	<b>Winston Family YMCA</b>
	5:30 - 6:30pm	<b>BODYFLOW (TAI CHI/YOGA/PILATES) - Barbarajo</b>	<b>Winston Family YMCA</b>
	5:30 - 6:30pm	<b>RPM (CYCLE) - Ian/Kari</b>	<b>Winston Family YMCA</b>
	5:30 - 6:30pm	<b>Flyers in Training - Lukael</b>	<b>Winston Family YMCA</b>
	5:30 - 7:30pm	<b>FLYERS SWIM TEAM - Jean</b>	<b>Winston Family YMCA</b>
	5:30 - 9:00pm	<b>LAP SWIM - Lifeguard</b>	<b>Winston Family YMCA</b>
	5:30 - 6:30pm	<b>Y-FIT - Cody</b>	<b>Winston Family YMCA</b>
	6:00 - 6:40pm	<b>SWIM LESSONS - Lifeguard</b>	<b>Winston Family YMCA</b>
	6:30 - 7:15pm	<b>Y-FIT - Kayla</b>	<b>Winston Family YMCA</b>
	6:45 - 7:45pm	<b>RED WARRIOR - Heather</b>	<b>Winston Family YMCA</b>
	6:45 - 7:45pm	<b>FLUIDITY BARRE - Barbarajo</b>	<b>Winston Family YMCA</b>
	6:45 - 7:45pm	<b>MULTI-LEVEL YOGA - Tanya</b>	<b>Winston Family YMCA</b>
	7:00 - 8:00pm	<b>AQUA FITNESS - Karin</b>	<b>Winston Family YMCA</b>
	7:00 - 8:00pm	<b>AQUA FITNESS - Karin</b>	<b>Winston Family YMCA</b>
	7:00 - 9:00pm	<b>Open Swim - Lifeguard</b>	<b>Winston Family YMCA</b>
<b>THU</b>	5:30am - 5:30pm	<b>LAP SWIM - Lifeguard</b>	<b>Winston Family YMCA</b>
	5:30 - 8:00am	<b>Open Swim - Lifeguard</b>	<b>Winston Family YMCA</b>
	5:30 - 6:00am	<b>BODYPUMP EXPRESS - Mary</b>	<b>Winston Family YMCA</b>
	6:00 - 7:00am	<b>Y-FIT - Jeff</b>	<b>Winston Family YMCA</b>
	6:00 - 7:00am	<b>MULTI-LEVEL YOGA - Jennifer</b>	<b>Winston Family YMCA</b>
	6:00 - 6:45am	<b>CYCLE - Karin</b>	<b>Winston Family YMCA</b>
	6:05 - 6:50am	<b>BODYCOMBAT - Lisa W.</b>	<b>Winston Family YMCA</b>
	8:00 - 8:50am	<b>GENTLE AQUA - Suzy</b>	<b>Winston Family YMCA</b>
	8:00 - 8:50am	<b>AQUA ARTHRITIS - Suzy</b>	<b>Winston Family YMCA</b>
	8:45 - 9:45am	<b>PILATES - Lisa H.</b>	<b>Winston Family YMCA</b>
	8:45 - 9:15am	<b>SPRINT - Mike</b>	<b>Winston Family YMCA</b>
	9:00 - 9:45am	<b>SILVER SNEAKERS - Rachel</b>	<b>Winston Family YMCA</b>
	9:00 - 9:50am	<b>AQUA FITNESS - Miles</b>	<b>Winston Family YMCA</b>
	9:00 - 10:00am	<b>AQUA FITNESS - Miles</b>	<b>Winston Family YMCA</b>
	9:00 - 10:00am	<b>AQUA FITNESS - Miles</b>	<b>Winston Family YMCA</b>
	9:30 - 10:30am	<b>RPM (CYCLE) - Mike</b>	<b>Winston Family YMCA</b>
	9:30 - 10:30am	<b>CARDIO FUN - Sarah C.</b>	<b>Winston Family YMCA</b>
	9:30 - 10:00am	<b>KIDS' YOGA - Elyse</b>	<b>Winston Family YMCA</b>
	9:30 - 10:15am	<b>Y-FIT TRX - Jeff</b>	<b>Winston Family YMCA</b>
	10:00 - 11:00am	<b>FLUIDITY BARRE - Elyse</b>	<b>Winston Family YMCA</b>
	10:00 - 11:00am	<b>GENTLE YOGA - Suzy</b>	<b>Winston Family YMCA</b>

	10:45 - 11:15am	<b>CXWORX (CORE) - Michael</b>	<b>Winston Family YMCA</b>
	11:00am - 3:30pm	<b>Open Swim - Lifeguard</b>	<b>Winston Family YMCA</b>
	11:15am - 12:15pm	<b>BEGINNER YOGA - Heather</b>	<b>Winston Family YMCA</b>
	11:15am - 12:00pm	<b>CHAIR YOGA - Elyse</b>	<b>Winston Family YMCA</b>
	12:15 - 12:45pm	<b>BODYPUMP EXPRESS - Nadia</b>	<b>Winston Family YMCA</b>
	12:15 - 1:00pm	<b>Y-FIT TRX - Jeff</b>	<b>Winston Family YMCA</b>
	12:15 - 12:45pm	<b>ZONE CYCLE - Randi</b>	<b>Winston Family YMCA</b>
	12:30 - 1:30pm	<b>MULTI-LEVEL YOGA - Eleni</b>	<b>Winston Family YMCA</b>
	12:45 - 1:15pm	<b>CORE - Nadia</b>	<b>Winston Family YMCA</b>
	3:30 - 5:00pm	<b>Community Outreach - Lifeguard</b>	<b>Winston Family YMCA</b>
	4:15 - 5:15pm	<b>MULTI-LEVEL YOGA - Sarah S.</b>	<b>Winston Family YMCA</b>
	4:30 - 5:15pm	<b>BODYPUMP - Lovetta</b>	<b>Winston Family YMCA</b>
	5:00 - 5:30pm	<b>SPRINT - Mel Z.</b>	<b>Winston Family YMCA</b>
	5:00 - 6:45pm	<b>Open Swim - Lifeguard</b>	<b>Winston Family YMCA</b>
	5:30 - 6:00pm	<b>GRIT (H.I.T.) - Brandy</b>	<b>Winston Family YMCA</b>
	5:30 - 6:30pm	<b>PILATES - Kris</b>	<b>Winston Family YMCA</b>
	5:30 - 6:30pm	<b>ZUMBA - Jill</b>	<b>Winston Family YMCA</b>
	5:30 - 6:30pm	<b>Flyers in Training - Lukael</b>	<b>Winston Family YMCA</b>
	5:30 - 7:30pm	<b>FLYERS SWIM TEAM - Jean</b>	<b>Winston Family YMCA</b>
	5:30 - 9:00pm	<b>LAP SWIM - Lifeguard</b>	<b>Winston Family YMCA</b>
	5:30 - 6:30pm	<b>YOGA @ UNITY PLAZA - Sarah S.</b>	<b>Winston Family YMCA</b>
	5:35 - 6:35pm	<b>CYCLE - Bob</b>	<b>Winston Family YMCA</b>
	5:45 - 7:30pm	<b>FLYERS SWIM TEAM - Jean</b>	<b>Winston Family YMCA</b>
	6:15 - 7:00pm	<b>Y-FIT TRX - Annie</b>	<b>Winston Family YMCA</b>
	6:35 - 7:05pm	<b>CXWORX (CORE) - Brandy</b>	<b>Winston Family YMCA</b>
	6:45 - 7:45pm	<b>MULTI-LEVEL YOGA - Kema</b>	<b>Winston Family YMCA</b>
	6:45 - 7:45pm	<b>AQUA ZUMBA - Jolisa</b>	<b>Winston Family YMCA</b>
	6:45 - 7:30pm	<b>AQUA ZUMBA - Jolisa</b>	<b>Winston Family YMCA</b>
	7:15 - 8:15pm	<b>BODYCOMBAT - Ashley</b>	<b>Winston Family YMCA</b>
	7:30 - 8:00pm	<b>SWIM LESSONS - Lifeguard</b>	<b>Winston Family YMCA</b>
	7:45 - 8:45pm	<b>RESTORATIVE YOGA - Kema</b>	<b>Winston Family YMCA</b>
<b>FRI</b>	5:30 - 7:00am	<b>MASTERS SWIM PROGRAM - Certified Coaches</b>	<b>Winston Family YMCA</b>
	5:30am - 5:30pm	<b>LAP SWIM - Lifeguard</b>	<b>Winston Family YMCA</b>
	5:30 - 9:00am	<b>Open Swim - Lifeguard</b>	<b>Winston Family YMCA</b>
	5:45 - 6:45am	<b>BODYPUMP - Kari</b>	<b>Winston Family YMCA</b>
	6:00 - 7:00am	<b>POWER YOGA - Yasmin</b>	<b>Winston Family YMCA</b>
	6:00 - 6:45am	<b>CYCLE - Del</b>	<b>Winston Family YMCA</b>

6:15 - 6:45am	<b>GRIT (H.I.T.) - Lisa W.</b>	<b>Winston Family YMCA</b>
7:00 - 7:30am	<b>DAWN PATROL - John/Bill</b>	<b>Winston Family YMCA</b>
8:00 - 9:00am	<b>Y-FIT - Randi</b>	<b>Winston Family YMCA</b>
8:15 - 9:15am	<b>POWER YOGA - Yasmin</b>	<b>Winston Family YMCA</b>
8:30 - 9:15am	<b>BODYATTACK - Andrea</b>	<b>Winston Family YMCA</b>
9:00 - 10:00am	<b>SILVER SNEAKERS - Pam</b>	<b>Winston Family YMCA</b>
9:00 - 10:00am	<b>SPLASH - Meghan</b>	<b>Winston Family YMCA</b>
9:00 - 10:00am	<b>SPLASH - Meghan</b>	<b>Winston Family YMCA</b>
9:30 - 10:30am	<b>CYCLE - Casy</b>	<b>Winston Family YMCA</b>
9:30 - 10:30am	<b>GENTLE YOGA - Francie</b>	<b>Winston Family YMCA</b>
9:30 - 10:30am	<b>BODYPUMP - Mike</b>	<b>Winston Family YMCA</b>
9:45 - 10:15am	<b>Y-FIT 30 - Randi</b>	<b>Winston Family YMCA</b>
10:00am - 3:30pm	<b>Open Swim - Lifeguard</b>	<b>Winston Family YMCA</b>
10:30 - 11:30am	<b>AOA DANCE - Sarah C.</b>	<b>Winston Family YMCA</b>
10:45 - 11:45am	<b>BODYFLOW (TAI CHI/YOGA/PILATES) - Michael</b>	<b>Winston Family YMCA</b>
11:30am - 12:00pm	<b>Y-FIT TRX - Kate</b>	<b>Winston Family YMCA</b>
11:45am - 12:30pm	<b>STABILITY - Randi</b>	<b>Winston Family YMCA</b>
12:00 - 1:00pm	<b>BEGINNER YOGA - Heather</b>	<b>Winston Family YMCA</b>
12:15 - 1:15pm	<b>CYCLE - Heather</b>	<b>Winston Family YMCA</b>
12:15 - 1:15pm	<b>ZUMBA - Jolisa</b>	<b>Winston Family YMCA</b>
3:30 - 5:00pm	<b>Community Outreach - Lifeguard</b>	<b>Winston Family YMCA</b>
4:30 - 5:15pm	<b>BODYATTACK - Mel Z.</b>	<b>Winston Family YMCA</b>
5:00 - 8:00pm	<b>Open Swim - Lifeguard</b>	<b>Winston Family YMCA</b>
5:30 - 6:30pm	<b>BODYPUMP - Yelena</b>	<b>Winston Family YMCA</b>
5:30 - 8:00pm	<b>LAP SWIM - Lifeguard</b>	<b>Winston Family YMCA</b>
5:30 - 6:30pm	<b>Y-FIT - Cody</b>	<b>Winston Family YMCA</b>
5:30 - 6:30pm	<b>RPM (CYCLE) - Tracy</b>	<b>Winston Family YMCA</b>
5:30 - 6:30pm	<b>MULTI-LEVEL YOGA - Gabie</b>	<b>Winston Family YMCA</b>
6:45 - 7:45pm	<b>ZUMBA - Gabie</b>	<b>Winston Family YMCA</b>
<b>SAT</b>		
7:00 - 10:00am	<b>SWIM TEAM - Jean</b>	<b>Winston Family YMCA</b>
7:00am - 5:00pm	<b>LAP SWIM - Lifeguard</b>	<b>Winston Family YMCA</b>
7:00 - 8:00am	<b>Open Swim - Lifeguard</b>	<b>Winston Family YMCA</b>
7:15 - 8:15am	<b>BODYPUMP - Brandy</b>	<b>Winston Family YMCA</b>
7:15 - 8:15am	<b>CYCLE - Adrienne</b>	<b>Winston Family YMCA</b>
8:00 - 9:00am	<b>MULTI-LEVEL YOGA - Sarah S.</b>	<b>Winston Family YMCA</b>
8:00am - 12:00pm	<b>SWIM LESSONS - Lifeguard</b>	<b>Winston Family YMCA</b>
8:15 - 8:45am	<b>CXWORX (CORE) - Brandy</b>	<b>Winston Family YMCA</b>

	8:45 - 9:45am	<b>CYCLE - Carol/Karin</b>	<b>Winston Family YMCA</b>
	9:00 - 10:00am	<b>BODYCOMBAT - Ian</b>	<b>Winston Family YMCA</b>
	9:15 - 10:15am	<b>BODYFLOW (TAI CHI/YOGA/PILATES) - John</b>	<b>Winston Family YMCA</b>
	9:45 - 10:15am	<b>KID'S FITNESS 3-4 - Ca Hee</b>	<b>Winston Family YMCA</b>
	10:15 - 10:45am	<b>GRIT (H.I.T.) - Ian</b>	<b>Winston Family YMCA</b>
	10:15 - 11:15am	<b>BODYPUMP - Mel Z.</b>	<b>Winston Family YMCA</b>
	10:15 - 10:45am	<b>KID'S FITNESS 5+ - Ca Hee</b>	<b>Winston Family YMCA</b>
	10:30 - 11:30am	<b>TAI CHI - Elizabeth</b>	<b>Winston Family YMCA</b>
	11:30am - 12:30pm	<b>ZUMBA - Gabie</b>	<b>Winston Family YMCA</b>
	12:00 - 5:00pm	<b>Open Swim - Lifeguard</b>	<b>Winston Family YMCA</b>
	3:15 - 4:15pm	<b>POWER YOGA - Yasmin</b>	<b>Winston Family YMCA</b>
<b>SUN</b>	9:00 - 10:00am	<b>BODYPUMP - Ellen/Yelena</b>	<b>Winston Family YMCA</b>
	10:00am - 5:00pm	<b>LAP SWIM - Lifeguard</b>	<b>Winston Family YMCA</b>
	10:00am - 5:00pm	<b>Open Swim - Lifeguard</b>	<b>Winston Family YMCA</b>
	10:15 - 11:15am	<b>BODYSTEP - Bee</b>	<b>Winston Family YMCA</b>
	11:30am - 12:30pm	<b>ZUMBA - Jamisha</b>	<b>Winston Family YMCA</b>
	2:00 - 3:00pm	<b>CYCLE - Karin</b>	<b>Winston Family YMCA</b>
	2:00 - 3:00pm	<b>BODYPUMP - Lovetta</b>	<b>Winston Family YMCA</b>
	2:00 - 2:45pm	<b>Y-FIT - Jeff</b>	<b>Winston Family YMCA</b>
	3:15 - 4:15pm	<b>BEGINNER YOGA - Tanya</b>	<b>Winston Family YMCA</b>
	3:15 - 4:15pm	<b>ZUMBA - Alejandro</b>	<b>Winston Family YMCA</b>
	4:30 - 5:30pm	<b>BODYCOMBAT - Amanda</b>	<b>Winston Family YMCA</b>