Brace Family YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio & Core Brace: Group Exercise Room 2 Book		5:30AM-5:55AM (Group Exercise) *Tracy B.*	10:30AM-11:00AM (Group Exercise) *Charity D.*				
Cardio Strength Brace: Group Exercise Room 2 Book		8:00AM-8:55AM (Group Exercise) *Michelle C.* 4:30PM-5:20PM (Group Exercise) *Charity D.*	8:00AM-8:55AM (Group Exercise) *Michelle C.*	8:00AM-8:55AM (Group Exercise) *Amy B.* 4:30PM-5:20PM (Group Exercise) *Amanda O.*	5:45AM-6:40AM (Group Exercise) *Heather A.*	8:00AM-8:55AM (Group Exercise) *Amy B.*	
High Fitness® Brace: HT Gym/Court A/Full Court Book		9:15AM-10:10AM (Group Exercise) *Emma W.*	9:15AM-10:10AM (Group Exercise) *Emma W.*	9:15AM-10:10AM (Group Exercise) *Stephanie M.*			
Cardio Sculpt Brace: Group Exercise Room 2 Book			11:10AM-12:05PM (Group Exercise) *Donna H.*		12:00PM-12:55PM (Group Exercise) *Donna H.*		
High Fitness® Brace: Group Exercise Room 2 Book			5:40PM-6:35PM (Group Exercise) *Renee G.*		10:30AM-11:25AM (Group Exercise) *Jaimee P.*		12:15PM-1:10PM (Group Exercise) *Jaimee P.*

Childress Klein YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Strength Childress Klein: Basketball Court Book		6:00AM-6:50AM (Group Exercise) *Kim E.*	6:00AM-6:45AM (Group Exercise) *Keaja W.*				

Harris Express YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Strength Harris Express: Group Exercise Book		6:00AM-6:55AM (Group Exercise) *Kim E.* 9:30AM-10:25AM (Group Exercise) *Lisa M.*	6:00AM-6:55AM (Group Exercise) *Linda M.*	9:30AM-10:25AM (Group Exercise) *Lisa M.* 5:30PM-6:25PM (Group Exercise) *Gay G.*	6:00AM-6:55AM (Group Exercise) *Kim E.*		

McCrorey YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Strength McCrorey: Gymnasium Book		7:00AM-7:30AM (Group Exercise) *Kesha D.*					
Xtreme Hip Hop Step® McCrorey: Gymnasium Book			6:00PM-6:45PM (Group Exercise) *Latasha B.*				
Cardio Strength McCrorey: Multipurpose Room 1 Book				7:00AM-7:30AM (Group Exercise) *Carla C.*			

Dowd YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Strength Dowd: Keith Studio Book		7:15AM-8:00AM (Group Exercise) *Emma B.* 12:30PM-1:15PM (Group Exercise) *Emma B.*	6:15AM-7:00AM (Group Exercise) *Michelle M.* 8:45AM-9:30AM (Group Exercise) *Ashley S.* 12:30PM-1:15PM (Group Exercise) *Lauren B.*	8:45AM-9:30AM (Group Exercise) *Julie W.*	9:30AM-10:15AM (Group Exercise) *Demi G.*	8:00AM-8:45AM (Group Exercise) *Julie W.*	12:15PM-1:00PM (Group Exercise) *Emma B.*
Xtreme Hip Hop Step® Dowd: Keith Studio Book						12:00PM-1:00PM (Group Exercise) *Letasha W.*	

Sara's YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Strength Sara's: Group Exercise Studio Book		8:00AM-8:50AM (Group Exercise) *Kimberly J.* 6:00PM-6:50PM (Group Exercise) *Kristin S.*					

Harris YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step Harris: Gymnasium - Court A Book		8:15AM-9:10AM (Group Exercise) *Susan H.*		8:15AM-9:10AM (Group Exercise) *Susan H.*			
Cardio Strength Harris: Gymnasium - Court A Book			8:15AM-9:10AM (Group Exercise) *Angie M.*				
Cardio Strength Harris: Group Exercise Book					8:15AM-9:10AM (Group Exercise) *Lisa M.*		
Step Harris: Group Exercise Book						9:00AM-9:55AM (Group Exercise) *Carolyn B.*	
TurboKick® Harris: Gymnasium - Court A Book						10:15AM-11:10AM (Group Exercise) *Carolyn B.*	

Lake Norman YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Strength Lake Norman: Group Exercise Studio Book		8:30AM-9:15AM (Group Exercise) *Nancy G.*					

Morrison Family YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Strength Morrison: Main Group Exercise Room Book		9:30AM-10:20AM (Group Exercise) *Becky R.*	5:45PM-6:35PM (Group Exercise) *Brenda C.*	8:15AM-9:05AM (Group Exercise) *Becky R.*		10:45AM-11:35AM (Group Exercise) *Kristin S.*	
Cardio Sculpt Morrison: Main Group Exercise Room Book		1:30PM-2:20PM (Group Exercise) *Cherita D.*		1:30PM-2:20PM (Group Exercise) *Cherita D.*			
Group Fight® Morrison: Main Group Exercise Room Book			8:15AM-9:05AM (Group Exercise) *Jaimee P.*				
High Fitness® Morrison: Main Group Exercise Room Book				10:30AM-11:20AM (Group Exercise) *Emma W.*		9:30AM-10:20AM (Group Exercise) *Emma W.*	
Cycle & Core Morrison: Cycle Studio Book				6:00PM-6:50PM (Group Exercise) *Brenda C.*			

Lowe's YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Strength Lowe's Studio A Book		10:00AM-10:50AM (Group Exercise) *Brittany P.*		10:00AM-10:50AM (Group Exercise) *Krista H.*			
Group Fight® Lowe's Studio A Book		4:30PM-5:20PM (Group Exercise) *Kristal C.*	10:00AM-10:50AM (Group Exercise) *Krista H.*				
Cycle & Core Lowe's Studio A Book			8:00AM-8:50AM (Group Exercise) *Tricia H.*		8:00AM-8:50AM (Group Exercise) *Tina P.*		

Keith Family YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walking Club Keith Family YMCA Book		11:00AM-12:00PM (Group Exercise) *Keya A.*		11:00AM-12:00PM (Group Exercise) *Keya A.*			
Xtreme Hip Hop Step® Keith: Group Exercise Studio Book			6:10PM-7:00PM (Group Exercise) *Letasha W.*				

Johnston YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Strength Johnston: Group Exercise Studio Book		5:30PM-6:15PM (Group Exercise) *Sassy L.*	6:30AM-7:15AM (Group Exercise) *Sassy L.*				

Simmons YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Sculpt Simmons: Group Exercise Studio Book			10:30AM-11:25AM (Group Exercise) *Colinthia W.*				

Stratford Richardson YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kickboxing Book				11:00AM-11:45AM (Group Exercise) *Colinthia W.*			
Kickboxing Stratford Richardson YMCA Book				11:00AM-11:45AM (Group Exercise) *Colinthia W.*			
Cardio Strength Book					10:00AM-10:45AM (Group Exercise) *Rotating I.*		
Cardio Strength Stratford Richardson YMCA Book					10:00AM-10:45AM (Group Exercise) *G.*		