



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	01	02	03	04	05	06
<b>Where is my class?</b> AR-Aerobics Room BT-BB&T Room	5:00 KB Cheri-AR 5:30 Yoga Cheri-AR 9:00 SSCF Portia-AR 9:00 SBZ Meredith & Sabrina-BT 10:00 KB Anne-AR 10:30 C Terri-AR  5:30 P20 Emily-BT 6:30 Z Amber-BT	5:00 SC Rachel-AR 7:00 FB Margie-AR 9:00 SSC Emma-AR 9:00 SC Emily-BT 10:00 Z Meredith-BT 10:00 BAL Emma-AR  4:30 POW Terri-BT 5:30 Yoga Anne-AR 6:30 T Ginny-BT 7:15 CC Ginny-BT	5:00 Yoga Cheri-AR 9:00 SSC Traci-AR 9:00 BG Anne-BT 10:00 SSY Emma-AR 10:00 CC Meredith-BT 10:30 Z Meredith-BT  5:30 BF Amy-AR 6:30 SBZ Amber-BT	5:00 POW Rachel-AR 7:00 FB Margie-AR 9:00 SSC Emma-AR 9:00 POW Emily-BT 10:00 BAL Emma-AR  4:30 POW Anne-BT 5:30 C Anne-AR	5:00 AA Ginny-BT  8:30 CKB Anne-BT	<b>Healthy Kids Day</b> <b>Free event for all families!</b> <b>2:00PM-4:00PM</b>
	07	08	09	10	11	12
	5:00 KB Tommy-AR 5:30 Yoga Cheri-AR 9:00 SSCF Portia-AR 9:00 SBZ Meredith & Sabrina-BT 10:00 KB Emily-AR 10:30 C Emily-AR	5:00 SC Rachel-AR 7:00 FB Margie-AR 9:00 SSC Emma-AR 9:00 SC Emily-BT 10:00 BAL Emma-AR  6:30 T Ginny-BT 7:15 CC Ginny-BT	5:00 CF Tommy-AR 9:00 SSC Traci-AR 9:00 BG Emily-BT 10:00 SSY Emma-AR 10:00 CC Meredith-BT 10:30 Z Meredith-BT  5:30 BF Amy-AR	5:00 POW Rachel-AR 7:00 FB Margie-AR 9:00 SSC Emma-AR 9:00 TRX Emily-BT 10:00 BAL Emma-AR  4:30 POW Terri-BT	5:00 AA Ginny-BT  8:30 CKB Emily-BT	8:00 ST Ginny-BT 9:00 BG Denise-AR
14	15	16	17	18	19	20
	5:00 KB Tommy-AR 9:00 SBZ Meredith & Sabrina-BT 10:00 KB Anne-AR 10:30 C Terri-AR  5:30 P20 Emily-BT	5:00 SC Rachel-AR 7:00 FB Margie-AR 9:00 SSC Emma-AR 10:00 BAL Emma-AR  4:30 POW Terri-BT 5:30 Yoga Anne-AR 6:30 T Ginny-BT 7:15 CC Ginny-BT	5:00 Yoga Cheri-AR 9:00 SSC Traci-AR 9:00 P20 Anne-BT 10:00 SSY Emma-AR 10:00 CC Meredith-BT 10:30 Z Meredith-BT  5:30 BF Amy-AR	5:00 POW Rachel-AR 7:00 FB Margie-AR 9:00 P20 Anne-AR 9:00 POW Emily-BT 10:00 Z Meredith-BT 10:00 BAL Emma-AR  4:30 POW Terri-BT 5:30 C Anne-AR	5:00 AA Ginny-BT  8:30 CKB Anne-BT 9:00 ZG Sabrina-AR 10:00 Z Sabrina-BT	8:00 ST Ginny-BT 9:00 BG Denise-AR 9:00 Z Amber-BT
21	22	23	24	25	26	27
	5:00 KB Cheri-AR 5:30 Yoga Cheri-AR 9:00 SSCF Portia-AR 9:00 SBZ Meredith & Sabrina-BT 10:00 KB Anne-AR 10:30 C Terri-AR  5:30 P20 Emily-BT 6:30 Z Amber-BT	5:00 SC Rachel-AR 7:00 FB Margie-AR 9:00 SSC Emma-AR 9:00 SC Emily-BT 10:00 Z Meredith-BT 10:00 BAL Emma-AR  4:30 POW Terri-BT 5:30 Yoga Anne-AR 6:30 T Ginny-BT 7:15 CC Ginny-BT	5:00 C Tommy-AR 9:00 SSC Emma-AR 9:00 FC Anne-BT 10:00 SSY Emma-AR 10:00 CC Meredith-BT 10:30 Z Meredith-BT  5:30 BF Amy-AR 6:30 SBZ Amber-BT	5:00 POW Rachel-AR 7:00 FB Margie-AR 9:00 SSC Emma-AR 9:00 TRX Emily-BT 10:00 BAL Emma-AR  4:30 POW Terri-BT 5:30 C Anne-AR	5:00 AA Ginny-BT  8:30 CKB Anne-BT 9:00 ZG Sabrina-AR 10:00 Z Sabrina-BT	
28	29	30	31	01	02	03
	<b>Memorial Day</b> <b>YMCA</b> <b>CLOSED</b>	5:00 SC Rachel-AR 7:00 FB Margie-AR 9:00 SSC Emma-AR 9:00 SC Emily-BT 10:00 Z Meredith-BT 10:00 BAL Emma-AR  4:30 POW Terri-BT  6:30 T Ginny-BT 7:15 CC Ginny-BT	5:00 Yoga Cheri-AR 9:00 SSC Traci-AR 10:00 SSY Emma-AR 10:00 CC Meredith-BT 10:30 Z Meredith-BT  5:30 BF Amy-AR 6:30 SBZ Amber-BT	<b>Follow Us!</b> <b>@ReidsvilleYMCA</b>   	<b>Featured Class of the Month:</b> <b>Core Construction</b> This is a 30 minute class using resistance and cardio to focus on the entire core! You can find this class on the schedule Tuesday evenings and Wednesday mornings during the month of May!	



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**MAY 2017**