



## D.R. Semmes Family YMCA | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Barre</b> Studio 1 <a href="#">Sign Up</a>			9:45AM-10:30AM (Mind Body) <i>Miryam M.</i>				
<b>Yoga Flow</b> Studio 2 <a href="#">Sign Up</a>			9:45AM-10:40AM (Mind Body) <i>Elena H.</i>				
<b>D.R. Semmes Reformer with Props</b> Pilates Reformer Studio <a href="#">Sign Up</a>			10:30AM-11:25AM (Pilates Reformer) <i>Danielle E.</i>				
<b>SilverSneakers® Circuit</b> Studio 1 <a href="#">Sign Up</a>			11:00AM-11:45AM (Foreverwell) <i>Caroline M.</i>		11:00AM-11:45AM (Foreverwell) <i>Caroline M.</i>		
<b>SilverSneakers® Circuit</b> Studio 2 <a href="#">Sign Up</a>			11:00AM-11:40AM (Foreverwell) <i>Virtual I.</i>		11:00AM-11:45AM (Foreverwell) <i>Virtual I.</i>		
<b>D.R. Semmes Stretch &amp; Relaxation</b> Pilates Reformer Studio <a href="#">Sign Up</a>			11:30AM-12:25PM (Pilates Reformer) <i>Danielle E.</i>				
<b>Cycle</b> Studio 2 <a href="#">Sign Up</a>			12:00PM-12:30PM (Cycle) <i>Liz K.</i>	12:00PM-12:30PM (Cycle) <i>Liz K.</i>	6:00AM-6:55AM (Cycle) <i>Craig T.</i>		
<b>D.R. Semmes Level 2/3</b> Pilates Reformer Studio <a href="#">Sign Up</a>			5:00PM-5:55PM (Pilates Reformer) <i>Shawndra C.</i>	8:00AM-8:50AM (Pilates Reformer) <i>Ilse M.</i>  9:00AM-9:55AM (Pilates Reformer) <i>Nadia C.</i>	7:00AM-7:55AM (Pilates Reformer) <i>Dani S.</i>  8:30AM-9:25AM (Pilates Reformer) <i>Nilaja W.</i>		
<b>D.R. Semmes Level 1/2</b> Pilates Reformer Studio <a href="#">Sign Up</a>			6:00PM-6:55PM (Pilates Reformer) <i>Shawndra C.</i>	6:00AM-6:55AM (Pilates Reformer) <i>Dani S.</i>  10:00AM-10:55AM (Pilates Reformer) <i>Nadia C.</i>	9:30AM-10:25AM (Pilates Reformer) <i>Nilaja W.</i>		
<b>Yoga Strength</b> Studio 1 <a href="#">Sign Up</a>			6:30PM-7:20PM (Mind Body) <i>Beth B.</i>				

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<b>Step FX</b> Studio 1 <a href="#">Sign Up</a>				6:00AM-6:55AM (Cardio & Dance) <i>Alicia D.</i>			
<b>Mat Pilates</b> Studio 1 <a href="#">Sign Up</a>				7:30AM-8:25AM (Mind Body) <i>Dani S.</i>			
<b>Line Dancing</b> Studio 1 <a href="#">Sign Up</a>				9:00AM-9:55AM (Cardio & Dance) <i>Elizabeth V.</i>			
<b>Tai Chi</b> Studio 1 <a href="#">Sign Up</a>				10:00AM-10:55AM (Mind Body) <i>David C.</i>			
<b>Yoga Flow</b> Studio 1 <a href="#">Sign Up</a>				11:00AM-11:55AM (Mind Body) <i>Tori B.</i>			
<b>D.R. Semmes Pilates Reformer ForeverWell</b> Pilates Reformer Studio <a href="#">Sign Up</a>				11:00AM-11:55AM (Pilates Reformer) <i>Nadia C.</i>	10:30AM-11:25AM (Pilates Reformer) <i>Nilaja W.</i>		
<b>D.R. Semmes Reformer All Level</b> Pilates Reformer Studio <a href="#">Sign Up</a>				4:30PM-5:25PM (Pilates Reformer) <i>Nadia C.</i>			
<b>LES MILLS BODYPUMP™</b> Studio 1 <a href="#">Sign Up</a>				5:30PM-6:25PM (Strength & Endurance) <i>Heather A.</i>	6:45AM-7:40AM (Strength & Endurance) <i>Virtual I.</i>	8:15AM-9:10AM (Strength & Endurance) <i>Alicia D.</i>	
<b>D.R. Semmes Reformer Beginner/ Intro</b> Pilates Reformer Studio <a href="#">Sign Up</a>				5:30PM-6:25PM (Pilates Reformer) <i>Colleen B.</i>		9:00AM-9:55AM (Pilates Reformer) <i>Colleen B.</i>	
<b>DANCE FX</b> Studio 1 <a href="#">Sign Up</a>				6:30PM-7:30PM (Cardio & Dance) <i>Mauricio G.</i>			
<b>Yoga Foundations</b> Studio 2 <a href="#">Sign Up</a>				6:35PM-7:30PM (Mind Body) <i>Cristina M.</i>			
<b>D.R. Semmes Pilates Reformer Combo</b> Pilates Reformer Studio <a href="#">Sign Up</a>					6:00AM-6:55AM (Pilates Reformer) <i>Dani S.</i>		
<b>ZUMBA®</b> Studio 1 <a href="#">Sign Up</a>					8:45AM-9:40AM (Cardio & Dance) <i>Jozy S.</i>	10:45AM-11:40AM (Cardio & Dance) <i>Myra G.</i>	
<b>Stretch FX</b> Studio 1 <a href="#">Sign Up</a>					9:45AM-10:45AM (Mind Body) <i>Pie P.</i>		

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<b>Reps FX</b> Studio 1 <a href="#">Sign Up</a>					12:00PM-1:00PM (Strength & Endurance) <i>Nik J.</i>		
<b>D.R. Semmes Jumpboard</b> Pilates Reformer Studio <a href="#">Sign Up</a>						8:00AM-8:50AM (Pilates Reformer) <i>Colleen B.</i>	
<b>Boot Camp</b> Outside <a href="#">Sign Up</a>						9:00AM-9:55AM (Strength & Endurance) <i>Francisco M.</i>	
<b>LES MILLS BODYBALANCE™</b> Studio 1 <a href="#">Sign Up</a>						9:30AM-10:25AM (Mind Body) <i>Karen M.</i>	
<b>D.R. Semmes Athletic Reformer</b> Pilates Reformer Studio <a href="#">Sign Up</a>						10:00AM-10:55AM (Pilates Reformer) <i>Colleen B.</i>	
<b>D.R. Semmes Family Pilates Reformer</b> Pilates Reformer Studio <a href="#">Sign Up</a>						11:00AM-11:55AM (Pilates Reformer) <i>Colleen B.</i>	