

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1 7 am Vinyasa Flow @Fit4Life Health Clubs, Wilmington 9 am BOOM Move @Yadkin Family YMCA, Yadkinville 10:30 am Zumba @The Fitness Center, Kernersville 1:15 pm SilverSneakers Classic @R.L. Stowe Jr. Family YMCA, Belmont	7 5:30 am Functional Fit @Gold's Gym, Burlington 8:30 am Senior Strength Training @Jerry Long Family YMCA, Clemmons 11:15 am Gentle/Restorative Yoga @Stokes Family YMCA, King 5:30 pm PiYo @Carl and Linda Grubb Family YMCA, Trinity	2 5:45 am Functional Strength Training @The Fitness Center, Kernersville 9 am Total Strength @Cannon Memorial YMCA, Kannapolis 10 am Slow Flow Yoga @Randolph-Asheboro YMCA, Asheboro 6:30 pm Yoga @R.L. Stowe Jr. Family YMCA, Belmont	3 8:45 am Tai Chi @Stokes Family YMCA, King 10 am Senior Fit Cardio @Stokes Family YMCA, King 11 am Strength and Stability @Yadkin Family YMCA, Yadkinville 5:30 pm PiYo @Carl and Linda Grubb Family YMCA, Trinity	4 8:30 am Aqua HIIT (Shallow Water) @Davie Family YMCA, Mocksville 9:30 am Pound Unplugged @Reidsville Family YMCA, Reidsville 12 pm Zumba Gold @The Fitness Center, Kernersville 1 pm Tai Chi @R.L. Stowe Jr. Family YMCA, Belmont	5 8:30 am Cycle @Carl and Linda Grubb Family YMCA, Trinity 9:30 am Zumba Gold @Reidsville Family YMCA, Reidsville 10 am Pilates @Davie Family YMCA, Mocksville 10:30 am Water Aerobics @Gold's Gym, Burlington
7 5:30 am Functional Fit @Gold's Gym, Burlington 8:30 am Senior Strength Training @Jerry Long Family YMCA, Clemmons 11:15 am Gentle/Restorative Yoga @Stokes Family YMCA, King 5:30 pm PiYo @Carl and Linda Grubb Family YMCA, Trinity	8 7:15 am AquaFit (Shallow Water) @Jerry Long Family YMCA, Clemmons 9:45 am SilverSneakers Circuit @Gold's Gym, Burlington 10:30 am Zumba @The Fitness Center, Kernersville 1:15 pm SilverSneakers Classic @R.L. Stowe Jr. Family YMCA, Belmont	9 5:45 am Functional Strength Training @The Fitness Center, Kernersville 9 am Total Strength @Cannon Memorial YMCA, Kannapolis 10 am Slow Flow Yoga @Randolph-Asheboro YMCA, Asheboro 6:30 pm Yoga @R.L. Stowe Jr. Family YMCA, Belmont	10 8:45 am Tai Chi @Stokes Family YMCA, King 9:45 am SilverSneakers Circuit @Gold's Gym, Burlington 11 am Strength and Stability @Yadkin Family YMCA, Yadkinville 5:30 pm Evening Stretch/Mobility @Cape Fear Fitness, Southport	11 8:30 am Aqua HIIT (Shallow Water) @Davie Family YMCA, Mocksville 9:30 am Pound Unplugged @Reidsville Family YMCA, Reidsville 12 pm Zumba Gold @The Fitness Center, Kernersville 1 pm Tai Chi @R.L. Stowe Jr. Family YMCA, Belmont	12 8:15 am Old School Step @Randolph-Asheboro YMCA, Asheboro 8:30 am Aqua HIIT (Shallow Water) @Davie Family YMCA, Mocksville 9:30 am Zumba Gold @Reidsville Family YMCA, Reidsville 10:30 am Water Aerobics @Gold's Gym, Burlington
14 5:30 am Functional Fit @Gold's Gym, Burlington 9 am Active Adult Fitness @Hayes Taylor YMCA, Greensboro 10:30 am SilverSneakers Classic @Cannon Memorial YMCA, Kannapolis 6:30 pm Yoga @R.L. Stowe Jr. Family YMCA, Belmont	15 7:15 am AquaFit (Shallow Water) @Jerry Long Family YMCA, Clemmons 9 am BOOM Move @Yadkin Family YMCA, Yadkinville 10 am Low Impact Aerobics @Randolph-Asheboro YMCA, Asheboro 1:15 pm SilverSneakers Classic @R.L. Stowe Jr. Family YMCA, Belmont	16 5:45 am Functional Strength Training @The Fitness Center, Kernersville 9:45 am SilverSneakers Classic @Triangle Fitness, Winston-Salem 10:30 am Water Aerobics @Carl and Linda Grubb Family YMCA, Trinity 12:15 pm SilverSneakers Yoga @Jerry Long Family YMCA, Clemmons	17 8:45 am Tai Chi @Stokes Family YMCA, King 10 am Senior Fit Cardio @Stokes Family YMCA, King 11 am Strength and Stability @Yadkin Family YMCA, Yadkinville 5:30 pm PiYo @Carl and Linda Grubb Family YMCA, Trinity	18 8:30 am Aqua HIIT (Shallow Water) @Davie Family YMCA, Mocksville 9:30 am Pound Unplugged @Reidsville Family YMCA, Reidsville 12 pm Zumba Gold @The Fitness Center, Kernersville 1 pm Tai Chi @R.L. Stowe Jr. Family YMCA, Belmont	19 8:30 am Cycle @Carl and Linda Grubb Family YMCA, Trinity 9:30 am Zumba Gold @Reidsville Family YMCA, Reidsville 10 am Pilates @Davie Family YMCA, Mocksville 10:30 am Water Aerobics @Gold's Gym, Burlington
21 5:30 am Functional Fit @Gold's Gym, Burlington 8:30 am Senior Strength Training @Jerry Long Family YMCA, Clemmons 10 am Slow Flow Yoga @Randolph-Asheboro YMCA, Asheboro 6:30 pm Yoga @R.L. Stowe Jr. Family YMCA, Belmont	22 7 am Vinyasa Flow @Fit4Life Health Clubs, Wilmington 9 am BOOM Move @Yadkin Family YMCA, Yadkinville 10:30 am Zumba @The Fitness Center, Kernersville 1:15 pm SilverSneakers Classic @R.L. Stowe Jr. Family YMCA, Belmont	23 5:45 am Functional Strength Training @The Fitness Center, Kernersville 9 am Total Strength @Cannon Memorial YMCA, Kannapolis 10:30 am Water Aerobics @Carl and Linda Grubb Family YMCA, Trinity 12:15 pm SilverSneakers Yoga @Jerry Long Family YMCA, Clemmons	24 8 am Steps or Stepless @Cape Fear Fitness, Southport 10 am Senior Fit Cardio @Stokes Family YMCA, King 11 am Strength and Stability @Yadkin Family YMCA, Yadkinville 5:30 pm Evening Stretch/Mobility @Cape Fear Fitness, Southport	25 8:30 am Aqua HIIT (Shallow Water) @Davie Family YMCA, Mocksville 9:30 am Pound Unplugged @Reidsville Family YMCA, Reidsville 12 pm Zumba Gold @The Fitness Center, Kernersville 1 pm Tai Chi @R.L. Stowe Jr. Family YMCA, Belmont	26 8:30 am Cycle @Carl and Linda Grubb Family YMCA, Trinity 9:30 am Zumba Gold @Reidsville Family YMCA, Reidsville 10 am Pilates @Davie Family YMCA, Mocksville 10:30 am Water Aerobics @Gold's Gym, Burlington
28 5:30 am Functional Fit @Gold's Gym, Burlington 9 am Active Adult Fitness @Hayes Taylor YMCA, Greensboro 10:30 am SilverSneakers Classic @Cannon Memorial YMCA, Kannapolis 6:30 pm Yoga @R.L. Stowe Jr. Family YMCA, Belmont	29 7:15 am AquaFit (Shallow Water), Jerry Long Family YMCA, Clemmons 9 am BOOM Move @Yadkin Family YMCA, Yadkinville 10 am Low Impact Aerobics @Randolph-Asheboro YMCA, Asheboro 1:15 pm SilverSneakers Classic @R.L. Stowe Jr. Family YMCA, Belmont	30 11 am Health & Wellness Workshop @HealthTeam Advantage Local Benefit Center, 5815 Samet Dr., Suite 107, High Point. Join us for SilverSneakers education and signup, balance training, wellness trivia, and more! RSVP by calling 336-494-1363 or 336-609-6856.	Healthcare Concierge: 888-965-1965 @TTY 711 8am–8pm April 1-Sept. 30, Monday-Friday Oct. 1-March 31, 7 Days a Week 		

SilverSneakers®
Class Locations

Alamance County Gold's Gym, 2358 Church St, Burlington, NC 27215
Brunswick County Cape Fear Fitness, 5130 Southport Supply Rd, Suite 103, Southport, NC 28164
Cabarrus County Cannon Memorial YMCA – Kannapolis Branch, 101 YMCA Dr, Kannapolis, NC 28081

Davidson County Triangle Fitness, 323 Millers Creek Dr, Winston-Salem, NC 27127
Davie County Davie Family YMCA, 215 Cemetery St, Mocksville, NC 27028
Forsyth County The Fitness Center at Kernersville, 861 Old Winston Rd Ste 109, Kernersville, NC 27284
Forsyth County Jerry Long Family YMCA, 1150 S Peace Haven Rd, Clemmons, NC 27012

Gaston County R.L. Stowe Jr. Family YMCA, 196 YMCA Dr, Belmont, NC 28012
Guilford County Hayes Taylor YMCA, 2630 E Florida St, Greensboro, NC 27401
New Hanover County Fit4Life Health Clubs, Murraysville, 2307 N College Rd, Wilmington, NC 28405

Randolph County Carl and Linda Grubb Family YMCA, 609 Trindale Rd, Trinity, NC 27370
Randolph County Randolph-Asheboro YMCA, 343 N Carolina Hwy 42 N, Asheboro, NC 27203

Rockingham County Reidsville Family YMCA, 504 S Main St, Reidsville, NC 27320
Stokes County Stokes Family YMCA, 105 Moore Rd, King, NC 27021
Yadkin County Yadkin Family YMCA, 6540 Service Rd, Yadkinville, NC 27055