




Group Exercise Schedule January 2021

Monday				
Time	Class	Location	Instructor	Subs
11:00am	Silver Sneakers 	APR/Group Fit	Teresa	
11:00am	Water Aerobics	Pool	Austin	Charlee, Liz
12:00pm	Water Arthritis 	Pool	Teresa	
5:30pm	In-door Cycling	APR	Austin	Coming Soon in February 2021
5:30pm	Cardio Step Class	Group Fitness	Charlee	
Tuesday				
Time	Class	Location	Instructor	Subs
10:00am	Core/Balance 	Group Fitness	Austin	Resumes February 2021
11:00am	Water Aerobics 	Pool	Liz	
2:00pm	Silver Sneakers 	Group Fitness	Liz	
5:30pm	Zumba 	APR	Emily	
5:30pm	Yoga 	Group Fitness	Lea	
6:00pm	Water Aerobics 	Pool	Charlee	
Wednesday				
Time	Class	Location	Instructor	Subs
8:30am	Polynesian Dance 	Group Fitness	Malia	
11:00am	Silver Sneakers 	APR/Group Fit	Teresa	
11:00am	Water Aerobics	Pool	Austin	Charlee, Liz
12:00pm	Water Arthritis 	Pool	Teresa	
5:30pm	Get Fit Bootcamp 	APR/Group Fit	Charlee	
Thursday				
Time	Class	Location	Instructor	Subs
6:30am	In-door Cycling	APR	Austin	Coming Soon in February 2021
9:00am	Tai Chi 	APR/Group Fit	Bill	
10:00am	Core/Balance 	APR/Group Fit	Austin	Resumes February 2021
11:00am	Water Aerobics 	Pool	Liz	
2:00pm	Silver Sneakers 	APR/Group Fit	Liz	
5:30pm	Light Weight 	Group Fitness	Charlee	
5:30pm	Yoga 	Group Fitness	Lea	
6:00pm	Water Aerobics 	Pool	Liz	

Friday

Time	Class	Location	Instructor	Subs
9:30am	In-door Cycling	APR	Austin	Coming Soon in February 2021
11:00am	Silver Sneakers 	APR/Group Fit	Teresa	
11:00am	Water Aerobics 	Pool	Austin	Liz
12:00pm	Water Arthritis 	Pool	Teresa	

All classes are geared towards any fitness level, our instructors are skilled in making modifications to all exercises to best fit your needs.

- Classes with a  are SilverSneakers Friendly



United Way
of Greater High Point

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