

































# Group Exercise Schedule

Effective July 1st 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Silver Sneakers</b> 11:00AM - 12:00PM Teresa 	<b>Water Aerobics</b> 9:00AM - 10:00PM Patsy 	<b>Silver Sneakers</b> 11:00AM - 12:00PM Teresa 	<b>Water Aerobics</b> 9:00AM - 10:00PM Patsy 	<b>Silver Sneakers</b> 11:00AM - 12:00PM Teresa 	<b>Water Aerobics</b> 9:00AM - 10:00AM Patsy 
<b>Water Aerobics</b> 11:00AM - 12:00PM Della 	<b>Core/Balance</b> 10:15AM - 10:45AM Patsy 	<b>Polynesian Dance</b> 8:30AM - 9:30AM Malia 	<b>Tai Chi</b> 9:00AM - 10:00AM Bill 	<b>Water Aerobics</b> 11:00AM - 12:00PM Liz 	
<b>Water Arthritis</b> 12:00PM - 1:00PM Teresa 	<b>Water Aerobics</b> 11:00AM - 12:00PM Patsy 	<b>Silver Sneakers</b> 11:00AM - 12:00PM Teresa 	<b>Core/Balance</b> 10:15AM - 10:45AM Katie 	<b>Water Arthritis</b> 12:00PM - 1:00PM Teresa 	
<b>Total Body Tone</b> 5:30PM - 6:15PM Charlee	<b>Yoga</b> 5:30PM - 6:30PM Lea 	<b>Water Aerobics</b> 11:00AM - 12:00PM Katie 	<b>Water Aerobics</b> 11:00AM - 12:00PM Patsy 		
<b>Cardio Step</b> 6:30PM - 7:00PM Charlee 	<b>Cycling</b> 6:00PM - 7:00PM Ashley	<b>Cycling</b> 12:00PM - 12:45PM Ashley	<b>Light Weight</b> 5:30PM - 6:30PM Charlee 		
	<b>Water Aerobics</b> 6:00PM - 7:00PM Zack 	<b>Water Arthritis</b> 12:00PM - 1:00PM Teresa 	<b>Light Weight</b> 5:30PM - 6:30PM Charlee 		
		<b>Total Body Tone</b> 5:30PM - 6:15PM Charlee 	<b>Yoga</b> 5:30PM - 6:30PM Lea 		
		<b>Core Blast</b> 6:30PM - 7:00PM Charlee 	<b>Water Aerobics</b> 6:00PM - 7:00PM Zack 		

-  = APR
-  = Pool
-  = Group Fitness
-  = Meeting Room

**YWCA High Point**  
 155 W. Westwood Avenue  
 High Point, NC 27262  
 336-882-4126

Classes with a   
 are SilverSneakers  
 friendly

