YWCA IS ON A MISSION

Group Exercise Schedule
June 2021

eliminating racism
empowering women
ywca

Monday	Tuesday	Wednesday	Thursday	Friday
Silver Sneakers 11:00AM - 12:00PM Teresa	**Core/Balance** 10:00AM - 11:00AM Liz	**Polynesian Dance** 8:30AM - 9:30AM Malia	**Tai Chi** 9:00AM - 10:00AM Bill	**Silver Sneakers** 11:00AM - 12:00PM Teresa
Water Aerobics 11:00AM - 12:00PM Della	**Water Aerobics** 11:00AM - 12:00PM Patsy	**Silver Sneakers** 11:00AM - 12:00PM Teresa	**Core/Balance** 10:00AM - 11:00AM Katie	**Water Aerobics** 11:00AM - 12:00PM Liz
Water Arthritis 12:00PM - 1:00PM Teresa	**Cardio Dance** 5:30PM - 6:30PM Charlee	**Water Aerobics** 11:00AM - 12:00PM Katie	**Water Aerobics** 11:00AM - 12:00PM Patsy	**Water Arthritis** 12:00PM - 1:00PM Teresa
Total Body Tone 5:30PM - 6:15PM Charlee	**Yoga** 5:30PM - 6:30PM Lea	**Water Arthritis** 12:00PM - 1:00PM Teresa	**Light Weight** 5:30PM - 6:30PM Charlee	
Cardio Step 6:30PM - 7:00PM Charlee	**Cycling** 6:00PM - 7:00PM Ashley *Class Cancelled June 22*	**Total Body Tone** 5:30PM - 6:15PM Charlee	**Yoga** 5:30PM - 6:30PM Lea	
	Water Aerobics 6:00PM - 7:00PM Zack	**Core Blast** 6:30PM - 7:00PM Charlee	**Water Aerobics** 6:00PM - 7:00PM Zack	

= APR
= Pool
= Group Fitness
= Meeting Room

Classes with a are SilverSneakers friendly

United Way
United Way of Greater High Point

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

Silver Sneakers focuses on strengthening muscles and increasing range of movement for daily life activities. Participants will use hand-weights, elastic tubing with handles, a silver sneakers ball, and more!

Water Aerobics is a shallow water medium intensity workout, using water and equipment for resistance, working muscles, increasing endurance, and improving flexibility.

Water Arthritis allows you to exercise without putting excess strain on your joints and muscles. The gentle activities will help you gain strength and flexibility. Excellent for beginning or returning exercisers.

Cardio Step is a full-body cardio and muscle conditioning workout. Using a step platform, you will improve your cardiovascular health, burn fat, and build strength. Great for exercisers looking to increase their workout intensity!

Total Body Tone works every major muscle group. By combining strength exercises and cardio, Total Body Tone delivers a full-body, total fitness workout. Great for beginner and intermediate exercisers!

Core/Balance builds core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles. Core/balance is low impact and great for someone looking to improve their overall health!

Zumba combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.

Yoga uses postures to align, strengthen, and promote flexibility in the body. Breathing techniques and muscle strengthening exercises are also integrated.

Cycling uses a stationary bike to give you a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome!

Polynesian Dance incorporates polynesian dance styles for an effective fat-burning cardio workout. Join in if you're looking for a fun way to get your heart pumping!

Core Blast a short yet challenging workout which targets your abs, back and midriff. A strong core can help with balance, posture and overall strength. When you have a strong core, everything improves!

Tai Chi is a graceful form of exercise that involves a series of slow, focused movements accompanied by deep breathing. Tai Chi can enhance physical and mental health, improve posture, and increase balance, flexibility, and strength.

Light Weight improves muscular endurance through the use for high repetition resistance training. This allows your muscles to work hard while reducing stress on joints.

Cardio Dance fuses musical rhythms and choreographed dance moves together to create a dynamic workout that's designed for fun. Moving to the music allows your mind to relax while your body is in constant motion.