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Effective September 1st 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver Sneakers 11:00AM - 12:00PM Teresa 	Water Aerobics 9:00AM - 10:00PM Patsy 	Polynesian Dance 8:30AM - 9:30AM Malia 	Water Aerobics 9:00AM - 10:00PM Patsy 	Silver Sneakers 11:00AM - 12:00PM Teresa 	Water Aerobics 9:00AM - 10:00AM Patsy 
Water Aerobics 11:00AM - 12:00PM Della 	Core/Balance 10:00AM - 11:00AM Patsy 	Silver Sneakers 11:00AM - 12:00PM Teresa 	Core/Balance 10:00AM - 11:00AM Patsy 	Water Aerobics 11:00AM - 12:00PM Liz 	
Water Arthritis 12:00PM - 1:00PM Teresa 	Water Aerobics 11:00AM - 12:00PM Patsy 	Water Aerobics 11:00AM - 12:00PM Della 	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 	Water Aerobics 6:00PM - 7:00PM Zack 	Total Body Tone 5:30PM - 6:15PM Charlee 	Yoga 5:30PM - 6:30PM Lea 		
		Core Blast 6:30PM - 7:00PM Charlee 	Water Aerobics 6:00PM - 7:00PM Zack 		

Classes with a  are SilverSneakers friendly

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

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!

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

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!

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.