


























# Group Exercise Schedule

Effective November 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>Polynesian Dance</b> 8:30AM - 9:30AM Malia 	<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> 10:00AM - 11:00AM Patsy 	<b>Silver Sneakers</b> 11:00AM - 12:00PM Teresa 	<b>Core/Balance</b> 10:00AM - 11:00AM Patsy 	<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>Water Aerobics</b> 11:00AM - 12:00PM Della 	<b>Water Aerobics</b> 11:00AM - 12:00PM Patsy 	<b>Water Arthritis</b> 12:00PM - 1:00PM Teresa 	
<b>Total Body Tone</b> 5:30PM - 6:15PM Charlee	<b>Swim for Fitness</b> 1:00PM - 2:00PM Liz	<b>Water Arthritis</b> 12:00PM - 1:00PM Teresa 	<b>Swim for Fitness</b> 1:00PM - 2:00PM Liz		
<b>Cardio Step</b> 6:30PM - 7:00PM Charlee 	<b>REFIT</b> 5:30PM - 6:30PM Betsy 	<b>Total Body Tone</b> 5:30PM - 6:15PM Charlee	<b>Light Weight</b> 5:30PM - 6:30PM Charlee 	Classes with a  are SilverSneakers friendly	
	<b>Water Aerobics</b> 6:00PM - 7:00PM Zack 	<b>Core Blast</b> 6:30PM - 7:00PM Charlee 	<b>Yoga</b> 5:30PM - 6:30PM Lea 		
			<b>Water Aerobics</b> 6:00PM - 7:00PM Zack 		

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



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

**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 authentic Tahitian and Hawai'ian dance styles to build core and leg strength while adding coordination and stamina. Join in if you're looking for a fun way to dance your way into fitness!

**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.

**REFIT** The REFIT experience combines powerful movements and positive music for a cardio-based workout that is challenging, effective and fun for everybody. The 60-minute workout uses an interval system to provide a challenging, yet effective, cardio experience.

**Swim for Fitness** is a coach-led exercise class that helps you get in tip-top swimming shape! Coaches write workouts, provide feedback, and give instruction while you get a GREAT workout along the way.