

Group Exercise Schedule

Effective May 2nd 2022

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 Betsy 	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 Betsy 	YWCA High Point 155 W. Westwood Avenue High Point, NC 27262 336-882-4126
Water Arthritis 12:00PM - 1:00PM Teresa 	Water Aerobics 11:00AM - 12:00PM Patsy 	Water Aerobics 11:00AM - 12:00PM Liz 	Water Aerobics 11:00AM - 12:00PM Patsy 	Water Arthritis 12:00PM - 1:00PM Teresa 	
Total Body Tone 5:30PM - 6:15PM Charlee 	Swim for Fitness 12:00PM - 1:00PM Liz 	Water Arthritis 12:00PM - 1:00PM Teresa 	Swim for Fitness 12:00PM - 1:00PM Liz 		
Cardio Step 6:30PM - 7:00PM Charlee 	REFIT 5:30PM - 6:30PM Betsy 	Total Body Tone 5:30PM - 6:15PM Charlee 	Yoga 5:30PM - 6:30PM Lea 		
	Fit & Fab 5:30PM - 6:30PM Charlee 	Cardio Step 6:30PM - 7:00PM Charlee 	Fit & Fab 5:30PM - 6:30PM Charlee 		
	Core Blast 6:30PM - 7:00PM Charlee 		Core Blast 6:30PM - 7:00PM Charlee 		
	Water Aerobics 6:00PM - 7:00PM Zack 		Water Aerobics 6:00PM - 7:00PM Zack 		

Class Difficulty
 All classes are ranked on a 1 to 5 scale with 1 being the easiest and 5 being the hardest. All classes can be modified to meet the needs of the participants.

 = APR  = Pool
 = Group Fitness

Classes with a  are SilverSneakers friendly

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!

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.

Fit & Fab combines fitness and fun into a unique workout experience that's always changing! Fit & Fab participants can expect to break a sweat while playing fun fitness games, dancing, and anything in between!