

# Group Exercise Schedule

Effective July 5th, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Silver Sneakers</b> 11:00AM - 12:00PM Teresa 	<b>Boot Camp</b> 6:30AM - 7:15AM Charlee 	<b>Polynesian Dance</b> 8:30AM - 9:30AM Malia 	<b>Boot Camp</b> 6:30AM - 7:15AM Charlee 	<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 Betsy 	<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>Water Aerobics</b> 11:00AM - 12:00PM Betsy 	<p>YWCA High Point                      155 W. Westwood Avenue                      High Point, NC 27262                      336-882-4126</p>
<b>Water Arthritis</b> 12:00PM - 1:00PM Teresa 	<b>Core/Balance</b> 10:00AM - 11:00AM Patsy 	<b>Water Aerobics</b> 11:00AM - 12:00PM Liz 	<b>Core/Balance</b> 10:00AM - 11:00AM Patsy 	<b>Water Arthritis</b> 12:00PM - 1:00PM Teresa 	
<b>Total Body Tone</b> 5:30PM - 6:15PM Charlee 	<b>Water Aerobics</b> 11:00AM - 12:00PM Patsy 	<b>Water Arthritis</b> 12:00PM - 1:00PM Teresa 	<b>Water Aerobics</b> 11:00AM - 12:00PM Patsy 	<p><b>Class Difficulty</b>                      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.</p> <p> = APR  = Pool   = Group Fitness</p> <p>Classes with a  are SilverSneakers friendly</p>	
<b>Cardio Step</b> 6:15PM - 7:00PM Charlee 	<b>Silver Sneakers Muscle*</b> 12:00PM - 1:00PM Betsy 	<b>Total Body Tone</b> 5:30PM - 6:15PM Charlee 	<b>Silver Sneakers Muscle*</b> 12:00PM - 1:00PM Betsy 		
	<b>Swim for Fitness</b> 12:00PM - 1:00PM Liz 	<b>Cardio Step</b> 6:15PM - 7:00PM Charlee 	<b>Swim for Fitness</b> 12:00PM - 1:00PM Liz 		
	<b>Yoga*</b> 5:30PM - 6:30PM Jess 		<b>Yoga*</b> 5:30PM - 6:30PM Jess 		
	<b>Water Aerobics</b> 6:00PM - 7:00PM Zack 		<b>Water Aerobics</b> 6:00PM - 7:00PM Zack 		



\*Silver Sneakers Muscle Begins July 7th

\*Yoga Begins July 12th

**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!

**SilverSneakers Muscle** incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

**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!