



Group Exercise Schedule

Effective September 6th, 2022



Monday	Tuesday	Wednesday	Thursday	Friday
Silver Sneakers 11:00AM - 12:00PM Teresa •	Walk & Talk 9:00AM - 10:00PM Patsy •	Polynesian Dance 8:30AM - 9:30AM Malia ••	Walk & Talk 9:00AM - 10:00PM Patsy •	Silver Sneakers 11:00AM - 12:00PM Teresa •
Fitness Games 12:00PM - 1:30PM Erica & Kat ••	Core/Balance 10:00AM - 11:00AM Patsy •	Silver Sneakers 11:00AM - 12:00PM Teresa •	Core/Balance 10:00AM - 11:00AM Patsy ••	
Total Body Tone 5:30PM - 6:15PM Betsy ••••	Line Dancing 11:00AM - 12:00PM Betsy ••	Fitness Games 12:00PM - 1:30PM Erica & Kat ••	Line Dancing 11:00AM - 12:00PM Betsy ••	
Cardio Step 6:15PM - 7:00PM Betsy •••	Silver Sneakers Muscle 12:15PM - 1:00PM Betsy •••	Total Body Tone 5:30PM - 6:15PM Patsy ••••	Silver Sneakers Muscle 12:15PM - 1:00PM Betsy •••	
 YWCA High Point 155 W. Westwood Avenue High Point, NC 27262 336-882-4126	Yoga 5:30PM - 6:30PM Jess ••	Cardio Step 6:15PM - 7:00PM Patsy •••	Yoga 5:30PM - 6:30PM Jess ••	
	Spin 5:30PM - 6:30PM STUDIO SWEAT •••	<div> <div>•</div> = APR <div>•</div> = Pool <div>•</div> = Group Fitness </div>	Spin 5:30PM - 6:30PM STUDIO SWEAT •••	

Class Intensity Scale

Classes are ranked from 1 to 4 based on intensity. However, all classes can be modified to fit your fitness level.

- For beginners and/or those who need a less intense class
- Offers more of a challenge than level one, but won't leave you out of breath
- Moderately intense, but still great for all ability levels
- Be ready to break a sweat! For exercisers looking to kick it up a notch

In addition to the wonderful programs listed, the YWCA is excited to offer



This program allows YWCA members to participate in quality, on-demand, virtual group fitness programming on YOUR schedule.

Classes include: TRX, Boot Camp, Tabata, SPIN, Yoga, Kettlebell, Barre, Sculpt, and more!

How Does It Work?

Studio Sweat OnDemand is available at the times listed below in the Group Fitness Room. There is a TV that will display the Studio Sweat OnDemand app. Using the remote, simply select the class you'd like to take, and get started!

Studio Sweat OnDemand Hours

Monday

6:00am - 5:30pm

Tuesday

6:00am - 10:00am & 1:00pm - 5:30pm

Wednesday

6:00am - 8:30am & 9:30am - 5:30pm

Thursday

6:00am - 10:00am & 1:00pm - 5:30pm

Friday

6:00am - 6:00pm

Saturday

7:00am - 11:00am

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!

Fitness Games focuses on coordination, balance and movement through a variety of active fitness game play. Every class will be something different. Example of possible games are beach volleyball, badminton, etc...

Walk & Talk! Walk indoors in climate controlled room. Walk at your own pace and mingle with friends. Excellent for any level of 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.

Spin® by STUDIO SWEAT is a virtual on demand Spin® class that walks you through Spin® bike set up, proper riding techniques, Spinning® terminology & more... Enjoy!

Line Dancing gets you moving with line dance inspired workouts with steps from a variety of music genres! The dance moves will work your legs, core, and arms and help improve your coordination and balance. Perfect for ALL!