




GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Line Dancing 10:00AM-11:00AM Betsy ••	Total Body Tone 8:30AM - 9:30AM Charlee ••••	Polynesian Dancing 8:30AM - 9:30AM Malia ••	BUTTS & GUTS 8:30AM - 9:30AM Charlee ••••	Silver Sneakers 11:00AM-12:00PM Teresa •	Water Aerobics 9:00AM-10:00AM Patsy •
Silver Sneakers 11:00AM-12:00PM Teresa •	Water Aerobics 9:00AM-10:00AM Patsy •	Line Dancing 10:00AM-11:00AM Betsy ••	Water Aerobics 9:00AM-10:00AM Patsy •	Water Aerobics 11:00AM-12:00PM Betsy •	<p>eliminating racism empowering women</p> 
Water Aerobics 11:00AM-12:00PM Betsy •	Core/Balance 10:00AM - 11:00AM Patsy ••	Silver Sneakers 11:00AM-12:00PM Teresa •	Chair Yoga 9:00AM - 10:00AM Kelly •	Water Arthritis 12:00PM-1:00PM Teresa •	
Water Arthritis 12:00PM-1:00PM Teresa •	Water Aerobics 11:00AM-12:00PM Patsy •	Water Aerobics 11:00AM-12:00PM Betsy •	Core/Balance 10:00AM - 11:00AM Patsy ••	<p><u>Class Intensity Scale</u></p> <p>Classes are ranked from 1 to 4 based on intensity. However, all classes can be modified to fit your fitness level.</p> <ul style="list-style-type: none"> • 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 	
FIERCE & FOXY 12:00PM - 12:45PM Charlee ••••	Swim For Fitness 12:00PM- 1:00PM Liz •••	Water Arthritis 12:00PM-1:00PM Teresa •	Water Aerobics 11:00AM-12:00PM Patsy •	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: #ADD8E6; border: 1px solid black; margin-right: 5px;"></div> = APR </div> <div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: #0000FF; border: 1px solid black; margin-right: 5px;"></div> = Pool </div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 5px;"> <div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: #FFD700; border: 1px solid black; margin-right: 5px;"></div> = Group Fitness </div> </div>	
Yoga 5:30PM - 6:30PM Jess ••	Silver Sneakers Muscle 12:15PM - 1:00PM Betsy •••	Cardio Step 12:00PM - 12:45PM Charlee •••	Swim For Fitness 12:00PM- 1:00PM Liz •••		
Total Body Tone 5:30PM - 6:15PM Charlee ••••	Cardio Drumming 3:00PM - 4:00PM Kelly ••	Yoga 5:30PM - 6:30PM Jess ••	Silver Sneakers Muscle 12:15PM - 1:00PM Betsy •••		
Cardio Step 6:15PM - 7:00PM Charlee •••	SPIN 5:30PM - 6:30PM STUDIO SWEAT •••	Total Body Tone 5:30PM - 6:15PM Charlee ••••	SPIN 5:30PM - 6:30PM STUDIO SWEAT •••		
	REFIT 5:30PM - 6:30PM Betsy •••	Core Blast 6:15PM - 7:00PM Charlee •••	BUTTS & GUTS 5:30PM - 6:15PM Charlee ••••	 <p>YWCA HIGH POINT 155 W. WESTWOOD AVE. HIGH POINT, NC, 27262</p>	
	WERK IT! 6:30PM - 7:00PM Betsy ••		FIERCE & FOXY 6:15PM - 7:00PM Charlee ••••		
	Water Aerobics 5:45PM - 6:45PM Zack •		Water Aerobics 5:45PM - 6:45PM Zack •		

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.

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!

BUTTS & GUTS will sculpt, shape, and strengthen your abdominal, buttock, and thigh muscle groups. By combining elements of Pilates, strength training, BOSU, resistance bands and more, this class is sure to get those ab and tush muscles firmed up and well toned.

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!

Chair Yoga is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Chair yoga will help improve flexibility, concentration, and increased strength.

Cardio Drumming is turning simple movement into a full body workout leaving you smiling, sweating, and feeling amazing! Drumming uses a "drum stand" which brings together sticks, a stability ball, and a bucket to create one of the most fun workouts you will ever experience. Great for all ages and abilities!

Werk It! is a short, complete workout that combines aerobic and strength training in an interval format. Interval alternate cardio and rest periods to burn fat, increase strength, and build endurance.

REFIT® 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. Whether you're new to fitness or a seasoned exercise junkie, REFIT® offers something for everyone.

Fierce & Foxy is an aerobic interval workout, with high and low intensity that will let you sweat and smile through an energizing cardiovascular workout. It combines with body-weight toning exercises with some explosive dance movements.



The YWCA is offering Studio Sweat on Demand! 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 - 8:30am & 4:00pm - 7:00pm

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

Thursday: 6:00am - 9:00am & 1:00pm - 7:00pm

Friday: 6:00am - 6:00pm

Saturday: 7:00am - 11:00am