

FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Silver Sneakers 9:00AM - 10:00AM Jack ●	Water Aerobics 9:00AM-10:00AM Patsy ●	Polynesian Dancing 8:30AM - 9:30AM Malia ●●	BUTTS & GUTS 8:30AM - 9:30AM Charlee ●●●●	Chair Yoga 10:00AM - 11:00AM Kelly ●	Water Aerobics 9:00AM-10:00AM Patsy ●
Line Dancing 10:00AM-11:00AM Betsy ●●	Core/Balance 10:00AM - 11:00AM Patsy ●●	Silver Sneakers 9:00AM - 10:00AM Jack ●	Water Aerobics 9:00AM-10:00AM Patsy ●	Silver Sneakers 11:00AM-12:00PM Teresa ●	  <p>Class Intensity Scale Classes are ranked from 1 to 4 based on intensity. However, all classes can be modified up or down 1 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 
Chair Yoga 10:00AM - 11:00AM Kelly ●	Water Aerobics 11:00AM-12:00PM Patsy ●	Line Dancing 10:00AM-11:00AM Betsy ●●	Core/Balance 10:00AM - 11:00AM Patsy ●●	Water Aerobics 11:00AM-12:00PM Betsy ●	
Silver Sneakers 11:00AM-12:00PM Teresa ●	Swim For Fitness 12:00PM- 1:00PM Liz ●●●	Silver Sneakers 11:00AM-12:00PM Teresa ●	Water Aerobics 11:00AM-12:00PM Patsy ●	Water Arthritis 12:00PM-1:00PM Teresa ●	
Water Aerobics 11:00AM-12:00PM Betsy ●	Aqua Dance 12:00PM- 1:00PM Charlee ●●	Water Aerobics 11:00AM-12:00PM Betsy ●	Swim For Fitness 12:00PM- 1:00PM Liz ●●●		
Water Arthritis 12:00PM-1:00PM Teresa ●	Silver Sneakers Muscle 12:15PM - 1:00PM Betsy ●●●	Water Arthritis 12:00PM-1:00PM Teresa ●	Aqua Dance 12:00PM- 1:00PM Charlee ●●		
FIERCE & FOXY 12:00PM - 12:45PM Charlee ●●●●	Water Aerobics 6:00PM - 6:45PM Zack ●	Cardio Step 12:00PM - 12:45PM Charlee ●●●	Silver Sneakers Muscle 12:15PM - 1:00PM Betsy ●●●		
Total Body Tone 5:30PM - 6:15PM Charlee ●●●●		Total Body Tone 5:30PM - 6:15PM Charlee ●●●●	BUTTS & GUTS 5:30PM - 6:15PM Charlee ●●●●		
Deep Water Aerobics 6:00-7:00PM Patsy ●●●		Deep Water Aerobics 6:00-7:00PM Patsy ●●●	Water Aerobics 6:00PM - 6:45PM Zack ●		
Cardio Step 6:15PM - 7:00PM Charlee ●●●		Core Blast 6:15PM - 7:00PM Charlee ●●●	FIERCE & FOXY 6:15PM - 7:00PM Charlee ●●●●		

Winter 2023-2024

CLASS DESCRIPTIONS ON BACK

YWCA HIGH POINT
155 W. WESTWOOD AVE.
HIGH POINT, NC, 27262

CLASS DESCRIPTIONS

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!

Silver Sneakers 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 using 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.

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.

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 body-weight toning exercises with some explosive dance movements.

Deep Water Aerobics combines cardiovascular work, deep-water running, jogging, bicycling, cross-country skiing movements, and much more! Class focuses on muscular strength motions that work the body's major muscle groups as well as motions that work the core and balance. Jog floatation belts are included.

AQUA Dance incorporates a variety of different music genres and dance into the water fitness class. Through dance, you get a warm-up, great cardio workout and warm down in the pool.

**YWCA IS ON
A MISSION**

eliminating racism
empowering women
ywca