

# FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Line Dancing 10:00AM-11:00AM Betsy ●●	Polynesian Dancing 9:00AM - 10:00AM Malia ●●	Silver Sneakers 11:00AM-12:00PM Teresa ●	Water Aerobics 9:00AM-10:00AM Patsy ●	Cardio Drumming 9:00AM - 10:00AM Kelly ●	Water Aerobics 9:00AM-10:00AM Patsy ●
Silver Sneakers 11:00AM-12:00PM Teresa ●	Water Aerobics 9:00AM-10:00AM Patsy ●	Water Aerobics 11:00AM-12:00PM Liz ●	Core/Balance 10:00AM - 11:00AM Patsy ●●	Chair Yoga 10:00AM - 11:00AM Kelly ●	  
Water Aerobics 11:00AM-12:00PM Betsy ●	Core/Balance 10:00AM - 11:00AM Patsy ●●	Water Arthritis 12:00PM-1:00PM Teresa ●	Water Aerobics 11:00AM-12:00PM Patsy ●	Line Dancing 10:00AM-11:00AM Betsy ●●	
Water Arthritis 12:00PM-1:00PM Teresa ●	Water Aerobics 11:00AM-12:00PM Patsy ●	Cardio Step 12:00PM - 12:45PM Charlee ●●●	Swim For Fitness 12:00PM- 1:00PM Liz ●●●	Silver Sneakers 11:00AM-12:00PM Teresa ●	
FIERCE & FOXY 12:00PM - 12:45PM Charlee ●●●●	Swim For Fitness 12:00PM- 1:00PM Liz ●●●	Full Body Stretch 1:00PM - 2:00PM Rita ●●	Weighted Bar 12:00PM- 1:00PM Charlee ●●●	Water Aerobics 11:00AM-12:00PM Betsy ●	
Total Body Tone 5:30PM - 6:15PM Charlee ●●●●	Old School Body-Weight 12:00PM- 1:00PM Charlee ●●	Total Body Tone 5:30PM - 6:15PM Charlee ●●●●	Silver Sneakers Muscle 12:15PM - 1:00PM Betsy ●●●	Water Arthritis 12:00PM-1:00PM Teresa ●	
Deep Water Aerobics 6:00-7:00PM Patsy ●●●	Silver Sneakers Muscle 12:15PM - 1:00PM Betsy ●●●	Deep Water Aerobics 6:00-7:00PM Patsy ●●●	BUTTS & GUTS 5:30PM - 6:15PM Charlee ●●●●	<p><b><u>Class Intensity Scale</u></b> Classes are ranked from 1 to 4 based on intensity level. However, all classes can be modified up or down 1 fitness level.</p> <ul style="list-style-type: none"> <li>● For beginners and/or those who need a less intense class</li> <li>●● Offers more of a challenge than level one, but won't leave you out of breath</li> <li>●●● Moderately intense, but still great for all ability levels</li> <li>●●●● Be ready to break a sweat! For exercisers looking to kick it up a notch</li> </ul>	
Cardio Step 6:15PM - 7:00PM Charlee ●●●	Water Aerobics 6:00PM - 6:45PM Zack ●	Core Blast 6:15PM - 7:00PM Charlee ●●●	Water Aerobics 6:00PM - 6:45PM Zack ●		
			FIERCE & FOXY 6:15PM - 7:00PM Charlee ●●●●		

## SPRING 2025

CLASS DESCRIPTIONS ON BACK

# YWCA IS ON A MISSION



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!

**Total Body Stretch** is a routine that is designed to help build muscle, flexibility, strength and balance.

**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!

**Old School Body-Weight**, by training with body-weight only, this workout will strengthen and tone your full body while improving cardiovascular health.

**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.

**Weighted Bar** a low-impact, high-repetition workout that focuses on building muscle endurance and definition by utilizing a weighted bar, alongside bodyweight exercises for a full body workout!

**Cardio Drumming** is a low-impact exercise that combines drumming, rhythm, and music. It's a fun, full-body workout that can be done by people of all ages and fitness levels.

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A MISSION**

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