



GROUP EXERCISE

CLASS DESCRIPTIONS

Active Older Adults (AOA)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity in daily living. Hand-held weights are provided.

Core

Core is a 30-minute jam-packed class known to make you stronger! This class is focused on a full core workout, which means working the tops of the shoulders down to the bottom of the glutes! Join us as we make a stronger center to help us in all areas of our lives and exercise! **Participants need to bring their own yoga mats.**

High Intensity Interval Training (HIIT)

This class will be taking your fitness and pushing it to a new level, asking you to give a little bit more than you have before and increasing your body's ability to handle being pushed beyond your limits! **Participants need to bring their own yoga mats.**

Stretch & Balance

This class helps keep your joints flexible, prevent stiffness and reduce your risk of falling and injuring yourself. **Participants need to bring their own yoga mats.**

Yoga

This mixed-level yoga class improves strength and flexibility through concentrated breathing and stretching poses while focusing on proper body alignment. **Participants need to bring their own yoga mats.**

Yoga & Mobility

This yoga class has a mix of a traditional yoga practice with core work and mobility to help integrate more function and mobility into one's everyday lives. This class is great for all levels and has options for everyone, but this is a mat based class and requires getting on and off the floor.

Participants need to bring their own yoga mats.

Zumba®

This class uses effective body sculpting movements mixed with easy to follow, fun dance steps, inspired by upbeat Latin music and dance steps.

VIRTUAL Y

As our member, you can **access Y classes anytime, anywhere!** Visit the Y virtually and continue your wellness journey with your favorite classes and instructors.

Featuring workout videos for yoga, HIIT, core and so much more.

Visit ymcagreensboro.org and use the email address you provided when you signed up!

DIGITAL INSTRUCTOR

Digital instructor classes are simply classes that have been pre-recorded by our instructors and are played for the class using a 75 inch TV in our Group Ex. room.

These classes can also be accessed at the facility whenever a scheduled class isn't happening.

Stop by our desk to learn more!

CLASS POLICIES

- **Classes are first come, first serve.** Members won't need to register ahead of time, but will be asked to sign-in on a sheet to ensure we don't go over 15.
- **Masks are required** at all times while inside all the YMCA of Greensboro facilities.

SPECIALTY PROGRAMS

For an additional cost, we offer premium programs to our members, including Bootcamp and Women on Weights. Learn more about these programs by visiting our website: ymcagreensboro.org/programs/health-and-fitness/wellness-programs

SCHEDULE

You can find a printable copy of our online group exercise schedule, and a printable version, by visiting our website: ymcagreensboro.org/group-exercise