



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

MAY GROUP EX.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 8am: AAF (Kim) 5-5:25pm: Core (Morgan) 5:30pm: Line Dancing (Bo) 6:30pm: Yoga (Robin)	3 8am: AAF (Morgan) 6pm: Zumba® (Kisha)	4 8am: AAF (Jeanette) 9am: Walking Club (Morgan) 5-5:25pm: Core (Fred) 6:30pm: Yoga (Robin)	5 8am: AAF (Kim) *6pm: Zumba® (Digital Inst.)	6 8am: AAF (Jeanette) 9am: S&S (Jeanette)	7 *9am: Yoga (Digital Inst.)
9 8am: AAF (Kim) 5-5:25pm: Core (Morgan) 5:30pm: Line Dancing (Bo) 6:30pm: Yoga (Robin)	10 8am: AAF (Morgan) 6pm: Zumba® (Kisha)	11 8am: AAF (Jeanette) 9am: Walking Club (Morgan) 5-5:25pm: Core (Fred) 6:30pm: Yoga (Robin)	12 8am: AAF (Kim) *6pm: Zumba® (Digital Inst.)	13 8am: AAF (Jeanette) 9am: S&S (Jeanette)	14 *9am: Yoga (Digital Inst.)
16 8am: AAF (Kim) 5-5:25pm: Core (Morgan) 5:30pm: Line Dancing (Bo) 6:30pm: Yoga (Robin)	17 8am: AAF (Morgan) 6pm: Zumba® (Kisha)	18 8am: AAF (Jeanette) 9am: Walking Club (Morgan) 5-5:25pm: Core (Fred) 6:30pm: Yoga (Robin)	19 8am: AAF (Kim) *6pm: Zumba® (Digital Inst.)	20 8am: AAF (Jeanette) 9am: S&S (Jeanette)	21 *9am: Yoga (Digital Inst.)
23 8am: AAF (Kim) 5-5:25pm: Core (Fred) 5:30pm: Line Dancing (Bo) *6:30pm: Yoga (Digital Inst.)	24 8am: AAF (Kim) 6pm: Zumba® (Kisha)	25 8am: AAF (Jeanette) 9am: Walking Club (Jeanette) 5-5:25pm: Core (Fred) 6:30pm: Yoga (Robin)	26 8am: AAF (Kim) *6pm: Zumba® (Digital Inst.)	27 8am: AAF (Jeanette) 9am: S&S (Jeanette)	28 *9am: Yoga (Digital Inst.)
30 Closed for Memorial Day	31 8am: AAF (Morgan) 6pm: Zumba® (Kisha)				

Light Green = Class is pre-recorded Dark Blue = Class has instructor in person Light Blue = Class is a special event Dark Green = New or changed class

Class Abbreviations Key: AAF = Active Adult Fitness, S&S = Strength & Stretch

Classes are capped at 25 and are first come, first serve.

New Class: Walking club with Morgan at 9am on Wednesdays!

GROUP EXERCISE

Class Descriptions

Active Adult Fitness (AAF)

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.

Line Dancing

Enjoy some old favorites and learn new line dances of all styles!

Step

Structured movement using a step with adjustable risers offers a workout to get the heart pumping and the muscles stronger.

Strength & Stretch (Formerly S&B)

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.

Walking Club

This club will meet at the Stoney Creek YMCA and then walk around the beautiful Stoney Creek Neighborhood for roughly 45-50 minutes.

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.

Zumba®

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



CLASS UPDATES

Last minute class updates can be found by joining our [Stoney Creek YMCA Wellness and Group Exercise Facebook Group](#) or by signing up for class text updates [here](#) or by stopping by the front desk.

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!**

SCHEDULE

Find copies of our printable group exercise schedule on our website:

ymcagreensboro.org/group-exercise



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