



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STONE CREEK EXPRESS YMCA SEPTEMBER GROUP EX.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Y IN THE COMMUNITY: GIBSONVILLE SERIES

FREE classes with Gibsonville Parks and Rec. Min. of 5 must be pre-registered.

Active Adult Fitness: 8am; Sept. 7 & 21

Gibsonville Community Center

Zumba®: 9am; Sept. 17

Gibsonville Community Center

1
8am: **AAF** (Kim)
6pm: **Line Dancing** (Phylathia)

2
8am: **AAF** (Jeanette)
9am: **S&S** (Jeanette)

3
*9am: **Yoga** (Virtual)

5
**CLOSED for
Labor Day**

6
8am: **AAF** (Morgan)
6pm: **Zumba®** (Kisha)

7
8am: **AAF** (Jeanette)
9am: **Walking Club** (Morgan)
5-5:25pm: **Core** (Fred)
6:30pm: **Yoga** (Robin)

8
8am: **AAF** (Kim)
6pm: **Line Dancing** (Phylathia)

9
8am: **AAF** (Jeanette)
9am: **S&S**

10
*9am: **Yoga** (Virtual)

12
8am: **AAF** (Kim)
5-5:25pm: **Core** (Morgan)
5:30pm: **Line Dancing** (Bo)
6:30pm: **Yoga** (Robin)

13
8am: **AAF** (Morgan)
6pm: **Zumba®** (Kisha)

14
8am: **AAF** (Jeanette)
9am: **Walking Club** (Morgan)
5-5:25pm: **Core** (Fred)
6:30pm: **Yoga** (Robin)

15
8am: **AAF** (Kim)
*10am: **M&M Yoga** (Priscilla)*
6pm: **Line Dancing** (Phylathia)

16
8am: **AAF** (Jeanette)
9am: **S&S** (Jeanette)

17
*9am: **Yoga** (Virtual)

19
8am: **AAF** (Kim)
5-5:25pm: **Core** (Morgan)
5:30pm: **Line Dancing**
6:30pm: **Yoga** (Robin)

20
8am: **AAF** (Morgan)
6pm: **Zumba®** (Kisha)

21
8am: **AAF** (Jeanette)
9am: **Walking Club** (Morgan)
5-5:25pm: **Core** (Fred)
6:30pm: **Yoga** (Robin)

22
8am: **AAF** (Kim)
6pm: **Line Dancing** (Phylathia)

23
8am: **AAF** (Jeanette)
9am: **S&S** (Jeanette)

24
*9am: **Yoga** (Virtual)

26
8am: **AAF** (Kim)
5-5:25pm: **Core** (Morgan)
5:30pm: **Line Dancing** (Bo)
6:30pm: **Yoga** (Robin)

27
8am: **AAF** (Morgan)
6pm: **Zumba®** (Kisha)

28
8am: **AAF** (Jeanette)
9am: **Walking Club** (Morgan)
5-5:25pm: **Core** (Fred)
6:30pm: **Yoga** (Robin)

29
8am: **AAF** (Kim)
*10am: **M&M Yoga** (Priscilla)*
6pm: **Line Dancing** (Phylathia)

30
8am: **AAF** (Jeanette)
9am: **S&S** (Jeanette)

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 Black Crossed Out: Class Canceled

Walking Club meets at the front desk at 9am and Morgan will walk with participants around the Stoney Creek Neighborhood for 20-45 minutes, depending on the group.

Class Abbreviations Key: **AAF** = Active Adult Fitness, **S&S** = Strength & Stretch, **M & M Yoga** = Mommy & Me Yoga

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.

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! This class is open to all levels.

Mommy & Me Yoga (M&M Yoga)

Designed for mothers and babies aged 0-5 years, this class will be 25 - 30 minutes of yoga with the baby and 15 minutes of socialization for parents and babies. **Participants need to bring a yoga mat and a blanket (no specific kind of blanket, just a blanket to use for the baby).**

Strength & Stretch (S&S)

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 front desk and then walk around the beautiful Stoney Creek Neighborhood for roughly 20-40 minutes. **Weather permitting.**

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.

YMCA360 / VIRTUAL CLASSES

Included in a YMCA of Greensboro membership, YMCA360 is an on-demand streaming service that offers members Y classes and resources in their pocket. Check it out using your email address [here](#)! Virtual classes are simply these classes that 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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