

YMCA PROGRAM CENTER – PHY: 100 Adams Mill Rd. Simpsonville, SC 29681



GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>APRIL AVAILABILITY 2023 LAND & WATER SCHEDULE 963-3608 Lori Dredge – Group Exercise Director ldredge@ymcagreenville.org</p>		<p><u>PLEASE NOTE</u> that if more than 10 minutes late, you will not be allowed into the class but are welcome to join the next one!</p>	<p>FINAL</p>		<p>1 8:35-9:20 Instructor Choice FRAN</p>
<p>3 8:30-9:15 Aqua Blast KRISTY 9:30-10:15-Aqua Combo KRISTY 9:30-10:20-GOLD High Fitness (LAND) NICOLE 10:30-11:15- Arthritis@ HEATHER</p>	<p>4 8:30-9:15 GO DEEP FRAN 9:30-10:15 Aqua Latin Dance Fusion** - AUSTIN 9:30-10:20- SS Cardio Circuit (LAND) NICOLE</p>	<p>5 8:30-9:15-Aqua Fit MARTY 9:30-10:15-Aqua Combo TANIA 9:30-10:20-GOLD Latin Dance Fusion(LAND) KATIE 10:30-11:15 Arthritis@ TANIA</p>	<p>6 8:30-9:15 Go Deep FRAN 9:30-10:15 Aqua Fit FRAN</p>	<p>7 8:30-9:15 Aqua Blast TANIA 9:30-10:15 Aqua Fit HEATHER 10:30-11:15 Arthritis@ HEATHER</p>	<p>8 8:35-9:20 Aqua Latin Dance Fusion JULIE</p>
<p>10 8:30-9:15 Aqua Blast BRIANNA 9:30-10:15-Aqua Combo BRIANNA 9:30-10:20-GOLD High Fitness (LAND) NICOLE 10:30-11:15- Arthritis@ HEATHER</p>	<p>11 8:30-9:15 GO DEEP BRIANNA 9:30-10:15 Aqua Latin Dance Fusion** TAMARA 9:30-10:20- SS Cardio Circuit (LAND) NICOLE</p>	<p>12 8:30-9:15 Aqua Blast DENISE 9:30-10:15-Aqua Combo TANIA 9:30-10:20-GOLD Latin Dance Fusion(LAND) KATIE 10:30-11:15 Arthritis@ TANIA</p>	<p>13 8:30-9:15 Go Deep FRAN 9:30-10:15 Aqua Fit FRAN</p>	<p>14 8:30-9:15 Aqua Blast DENISE 9:30-10:15 Aqua Fit HEATHER 10:30-11:15 Arthritis@ HEATHER</p>	<p>15 8:35-9:20 Instructor Choice DENISE</p>
<p>17 8:30-9:15 Aqua Blast DENISE 9:30-10:15-Aqua Combo DENISE 9:30-10:20-GOLD High Fitness (LAND) NICOLE 10:30-11:15- Arthritis@ HEATHER</p>	<p>18 8:30-9:15 GO DEEP BRIANNA 9:30-10:15 Aqua Latin Dance Fusion** - AUSTIN 9:30-10:20- SS Cardio Circuit (LAND) NICOLE</p>	<p>19 8:30-9:15 Aqua Blast DENISE 9:30-10:15-Aqua Combo TANIA 9:30-10:20-GOLD Latin Dance Fusion(LAND) KATIE 10:30-11:15 Arthritis@ TANIA</p>	<p>20 8:30-9:15 Go Deep FRAN 9:30-10:15 Aqua Fit FRAN</p>	<p>21 8:30-9:15 Aqua Blast BRIANNA 9:30-10:15 Aqua Fit HEATHER 10:30-11:15 Arthritis@ HEATHER</p>	<p>22 8:35-9:20 Aqua Latin Dance Fusion Tamara</p>
<p>24 8:30-9:15 Aqua Blast DENISE 9:30-10:15-Aqua Combo DENISE 9:30-10:20-GOLD High Fitness (LAND) NICOLE 10:30-11:15- Arthritis@ HEATHER</p>	<p>25 8:30-9:15 GO DEEP BRIANNA 9:30-10:15 Aqua Latin Dance Fusion** AUSTIN 9:30-10:20- SS Cardio Circuit (LAND) NICOLE</p>	<p>26 8:30-9:15 Aqua BLAST DENISE 9:30-10:15-Aqua Combo BRIANNA 9:30-10:20-GOLD Latin Dance Fusion(LAND) KATIE 10:30-11:15 Arthritis@ BRIANNA</p>	<p>27 8:30-9:15 Go Deep FRAN 9:30-10:15 Aqua Fit FRAN</p>	<p>28 8:30-9:15 Aqua Blast DENISE 9:30-10:15 Aqua Fit HEATHER 10:30-11:15 Arthritis@ HEATHER</p>	<p>29 8:35-9:20 Aqua Latin Dance Fusion JULIE</p>

Group Exercise Staff

Lori Dredge – Group Fitness Coordinator

We offer a team of highly experienced, well-educated YMCA instructors. Each staff person has received specific, extensive training in the discipline they are teaching. All are seeking to share their wealth of knowledge with YMCA members to provide exercise that increases muscular strength, endurance, flexibility and cardiovascular efficiency and enhances the well-being of the spirit, mind, and body.

Water Based Class Descriptions

Arthritis® (Arthritis Foundation Aquatic Program)

A program giving participants an opportunity to do gentle activities in warm water, with guidance from a trained, certified instructor. Designed to alleviate the pain and stiffness associated with arthritis. May also increase your range of motion. Taught by certified Arthritis Foundation instructors. Swimming ability is not necessary to participate.

AquaFit**Beginner Favorite

A coed low impact aerobic workout designed to improve cardiovascular health and fitness, muscle strength, and flexibility. Class stays in the shallow water.

AQUA Latin Dance Fusion

This Latin-flavored class incorporates latin dance movements in the water. GREAT abdominal workout and the fun atmosphere of dance class!

Go Deep

Grab a belt and head to the deep end. This class is designed to increase fat burning, improve aerobic endurance, and combat stress. Fabulous abdominal workout too!

H2O Combo

An aqua class designed to improve cardiovascular fitness by combining workouts in both the shallow and deep end with the potential for using resistance equipment.

Ultimate Aqua

Instructor's choice Class. Utilizes both deep and shallow ends for sculpting, toning and a great cardio workout!

Aqua Blast

This Shallow Water class keeps it moving with motivating music and exercise choreography to the beat of the music. This self-paced class allows for some dynamic cardiovascular training but the intensity is up to you!

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BENEFITS OF WATER EXERCISE

PROVIDES BUOYANCE & SUPPORT:

One of the major benefits of the water is that it provides buoyancy and support for the body, making it less likely for the muscle, bone & joint to get injured. Water supports up to 80% of your weight, thereby causing less strain on the joints, back & torso when compared to exercises on land.

QUICK MUSCULAR ENDURANCE:

The high density of water, as compared to air, leads to increased resistance, thereby augmenting muscular endurance and tone. This means that water aerobics builds up toned and endured muscle mass all around the body.

IMPROVED FLEXIBILITY:

The reduced effect of gravitational force in water leads to improved flexibility in the body. The joints can be moved through a wider range of motion, which makes water aerobics all the more beneficial as we age.



Land Based Class Descriptions

Silver Sneakers Circuit®: 45-50 min – Easy to follow Cardio Circuit advanced class to improve cardiovascular and muscular endurance conditioning. Non-Impact standing choreography alternated with safe, fun and effective exercises for upper body strength work. A chair is provided for balance or sitting needs.

Gold Latin Dance Fusion: 45-50min – This low impact class combines fun & easy to follow latin dance with hi/lo choreography for an all around great cardio workout.

Senior Stretch: 45-50 min – Class uses the chair for balance, rest intervals as needed and includes Yoga, breathing techniques and deep stretching to help alleviate sore muscles & stiff joints.

Gold High Fitness: 45-50min – Low Impact Aerobic interval training to music you know and love. Simple, modern fitness techniques mixed with choreographed movements alternates between cardio tracks and toning tracks. A must try class.

Mission Statement:

The YMCA of Greenville, following the example of Christ, builds healthy spirit, mind, and body for all.