

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



GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEBRUARY 2019 LAND & WATER SCHEDULE 963-3608 Lori Dredge – Group Exercise Director ldredge@ymcagreenville.org				1 8:30 H2O Combo TANIA 9:20 Aqua Fit TAUNYA 10:10 Arthritis® TAUNYA	2 8:30 Ultimate Aqua MICHELE 9:20 AquaZUMBA® MICHELE
4 8:30 H2O Combo MICHELE 9:20 Aqua Fit TANIA 9:45*Zumba Gold® MICHELE 10:10 Arthritis® TANIA 11:10 AquaZumba® TAMARA 7:15 Go Deep MICHELE	5 8:30 H2O Go Deep BRIANNA 9:20 AquaZUMBA® TENNILLE 10:15 Arthritis® TAUNYA 10:30*SS-Circuit® CYNTHIA 7:15 H2O Combo SANDY	6 8:30 Aqua Fit TAUNYA 9:20 H2O Combo TANIA 10:10 Arthritis® TANIA 10:30 *SS Classic® WANDA *Aquazumba will return in the warmer months.	7 8:30 Go Deep TANIA 9:20 H2O Works/Strength TANIA 10:15 AquaZUMBA® TENNILLE 10:30 * SS Circuit ® ANGELA 7:15 Aqua Fit TAUNYA	8 8:30 H2O Combo TANIA 9:20 Aqua Fit TAUNYA 10:10 Arthritis® TAUNYA	9 8:30 Ultimate Aqua TAUNYA 9:20 AquaZUMBA® MICHELE
11 8:30 H2O Combo MICHELE 9:20 Aqua Fit TANIA 9:45*Zumba Gold® MICHELE 10:10 Arthritis® TANIA 11:10 AquaZumba® TAMARA 7:15 Go Deep MICHELE	12 8:30 H2O Go Deep TANIA 9:20 AquaZUMBA® TENNILLE 10:15 Arthritis® TAUNYA 10:30*SS-Circuit® CYNTHIA 7:15 H2O Combo TAUNYA	13 8:30 Aqua Fit TAUNYA 9:20 H2O Combo TAUNYA 10:10 Arthritis® TANIA 10:30 *SS Classic® WANDA	14 8:30 Go Deep TANIA 9:20 H2O Works/Strength TANIA 10:15 AquaZUMBA® TAMARA 10:30 * SS Circuit ® CYNTHIA 7:15 Aqua Fit TAUNYA	15 8:30 H2O Combo TANIA 9:20 Aqua Fit TAUNYA 10:10 Arthritis® TAUNYA	16 8:30 Ultimate Aqua TAUNYA 9:20 AquaZUMBA® KAREN
18 8:30 H2O Combo BRIANNA 9:20 Aqua Fit MICHELE 9:45*Zumba Gold® NO CLASS TODAY 10:10 Arthritis® MICHELE 11:10 AquaZumba® TAMARA 7:15 Go Deep MICHELE	19 8:30 H2O Go Deep BRIANNA 9:20 AquaZUMBA® TENNILLE 10:15 Arthritis® TAUNYA 10:30*SS-Circuit® CYNTHIA 7:15 H2O Combo SANDY	20 8:30 Aqua Fit TAUNYA 9:20 H2O Combo TANIA 10:10 Arthritis® TANIA 10:30 *SS Classic® WANDA	21 8:30 Go Deep TANIA 9:20 H2O Works/Strength TANIA 10:15 AquaZUMBA® TENNILLE 10:30 * SS Circuit ® ANGELA 7:15 Aqua Fit TAUNYA	22 8:30 H2O Combo TANIA 9:20 Aqua Fit TAUNYA 10:10 Arthritis® TAUNYA	23 8:30 Ultimate Aqua BRIANNA 9:20 AquaZUMBA® TENNILLE
25 8:30 H2O Combo MICHELE 9:20 Aqua Fit TANIA 9:45*Zumba Gold® MICHELE 10:10 Arthritis® TANIA 11:10 AquaZumba® TAMARA 7:15 Go Deep MICHELE	26 8:30 H2O Go Deep BRIANNA 9:20 AquaZUMBA® TENNILLE 10:15 Arthritis® TAUNYA 10:30*SS-Circuit® CYNTHIA 7:15 H2O Combo SANDY	27 8:30 Aqua Fit TAUNYA 9:20 H2O Combo TAUNYA 10:10 Arthritis® TANIA 10:30 *SS Classic® WANDA	28 8:30 Go Deep TANIA 9:20 H2O Works/Strength TANIA 10:15 AquaZUMBA® TENNILLE 10:30 * SS Circuit ® CYNTHIA 7:15 Aqua Fit TAUNYA		

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.

AQUAZUMBA®

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

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.

Silver Sneakers Silver Splash®

Activate your aqua exercise urge for variety!

SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. A special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Ultimate Aqua

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

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

ACTIVE ADULT - 60 min - Adult fitness program focusing on both aerobic and resistance training to improve cardio respiratory health, range of motion, increase strength, and balance. Class will stand for exercise

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.

Silver Sneakers Yoga®: 45-50 min - This class will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, range of movement and balance. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

ZUMBA GOLD®: 40-50min

This Latin-flavor class is designed for active, older adult population or the true beginner. Have fun while dancing through your workout!

Mission Statement:

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