

20/20/20 - 20 minutes each of 3 different formats. Get a cardio & strength workout that's constantly moving. (Combo)

Abs - Much more than crunches! This 25 minute abdominal workout will tone you like no other. (Strength)

Active Adult Fitness - This class is designed specifically for Active Older Adults as well as SilverSneakers® members. It consists of a variety of cardiovascular movements, strength training exercises & flexibility training – all done with low or no impact. Great for beginners too! (Combo)

All the Toys – A fun workout using all the props – balls, gliders, weights, jump ropes, resistance tubing, steps, etc. (Strength)

BC - Boot Camp - An interval/drill workout incorporating high intensity bouts of exercise with strength training & periods of active rest. (Combo)

Belly Dance – Join Faun Finley, Greensboro's premier belly dance instructor, for either a beginning or intermediate level class. A new session of each level starts September 9. Take a sampler class on September 2 or attend the workshop on August 14th to try it out! (Dance)

BLT – Butts, Legs, Thighs – A toning class that focuses on lower body and core. Build strength & tone! (Strength)

Cardio Games - Challenging, quick-paced workout for the total body using a fun game-type format. Appropriate for all levels of fitness. (Combo)

C+ - Cardio Plus - This class gets it all – cardiovascular training AND strength training combined for a complete workout. (Combo)

CC – Cardio Circuit – Stations of cardio and strength arranged to maximize your class time & get a big return on your workout investment. (Combo)

CI - Cardio Interval - Bursts of cardio alternating with strength work for a workout that does it all. (Combo)

Cycle - A high-energy workout using the Schwinn cycle. No helmet required but a towel & water bottle are highly recommended! (Cycle)

ET - Extreme Tone - A class designed for increased strength & toning using all of the strength props – balls, bands, and/or weights. A full-body workout! (Strength)

Guns 'n' Core – A strength training workout for the upper body and core. (Strength)

Hip Hop Hustle® - Burn up the dance floor and burn calories too! Hip Hop Hustle blends hip hop & dance moves, making them simple & easy to follow! This workout feels more like a night on the town than exercise. Drop the pounds & get rapid results while you dance, dance, dance! (Cardio)

KB - Kickboxing- This class is a hard-core total body conditioning class that uses punches, kicks & other kickboxing moves. (Cardio)

Killer Core - 25 minute class focusing on abdominal work, low back & glutes. Strengthen the core to improve ALL your fitness activities! (Strength)

Knock Out – A kickboxing workout that will knock out a crazy calorie burn! (Cardio)

MW - MatWorks - A combination of Pilates & Yoga based moves & poses. Learn how your body can move, work & balance. (Mind/Body)

PIYO – A blend of many disciplines: sports training, core conditioning, dance, stretch, & athletic drills that will help kick up the calorie burn & build muscle! (Combo, Mind/Body)

Plyometric Fun – Powerful & explosive movements to help build speed & strength. (Combo)

POTB – Pilates On the Ball Core strength and flexibility using the stability ball to enhance range of motion. (Strength)

Power + - Boost your strength training to new levels with this class that challenges all abilities. (Strength)

Power Yoga - A 90 minute version of yoga for intermediate to advanced participants to help intensify your practice. (Mind/Body)

Pp - Pump - Strength training using a 5 lb. bar, plates & dumbbells – designed to increase muscular endurance. This class is for those who want to strength train without using traditional “sets” & “reps” (Strength)

Rock Bottom – Strength and toning exercise focusing on the glutes and legs. (Strength)

SI - Step Interval – Similar to Cardio Interval but uses simple choreography on the Step for the cardio intervals. (Combo)

SilverSneakers® Cardio Circuit – Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises. (Combo)

SilverSneakers® Muscular Strength & Range of Movement (MS-ROM) - Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of movement & activities for daily living. Hand-held weights, elastic tubing with handles, & a ball are offered for resistance, & a chair is used for seated and/or standing support. (Strength)

SilverSneakers® YogaStretch - YogaStretch will move your whole body thru a complete series of seated & standing yoga poses. Chair support is offered to safely perform postures which increase flexibility, balance & range of movement. Restorative breathing exercises & final relaxation promote stress reduction & mental clarity. (Mind/Body)

Step & Sculpt - An intermediate level step class that builds on combinations that remain the same over several weeks. The class also includes a 15-20 minute strength segment including abdominal work and stretching. (Combo)

Turbo Kick® - Turbo Kick® is a combo of intense kickboxing moves as well as dance moves choreographed to hi energy/motivating music. (Cardio)

Yoga - A mind-body class that uses postures & poses linked with deep breathing techniques to enhance strength, flexibility & balance. Classes labeled “Yoga” are taught to a mixed level of participants – modifications are provided for other levels (Mind/Body)

Yoga 1 - A beginner level class for participants new to yoga. Mats are available or you may bring your own. We will stand, sit on the floor & lay down so wear comfortable clothes & bring a towel. Transitions from seated to standing poses are minimal. (Mind/Body)

Yoga 2 – An advanced level yoga class for the experienced participant. Registration is on a monthly basis for a small additional fee. New members may join at the beginning of each month. (Mind/Body) \$

Zumba® - A FUN way to join Latin dance with exercise...Ditch the Workout, Join the Party!!! No dance experience necessary. (Cardio)

YMCA Mission: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.