

NOVEMBER 2022 SCHEDULE – WILKES EXPRESS YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:30am	9:15am	Balance Coordination ST	Danny/Addison	Group Exercise Studio	
10:30am	11:15am	SilverSneakers®	Cherie B	Group Exercise Studio	

TUESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
9:00am	9:30am	BOOM™ Move	Cherie B	Group Exercise Studio	
9:35am	10:05am	BOOM™ Muscle	Cherie B	Group Exercise Studio	
10:15am	10:45am	BOOM™ Mind	Cherie B	Group Exercise Studio	
11:00am	11:30am	Bounce!	Cherie B	Group Exercise Studio	

We will be closed on Thursday, November 24, in observance of the Thanksgiving holiday.

WEDNESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:30am	9:15am	Balance Coordination ST	Danny/Addison	Group Exercise Studio	
10:30am	11:15am	SilverSneakers® Classic	Natalie E	Group Exercise Studio	

THURSDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
9:00am	9:30am	BOOM™ Move	Cherie B	Group Exercise Studio	*no class 11/24
9:35am	10:05am	BOOM™ Muscle	Cherie B	Group Exercise Studio	*no class 11/24
10:15am	10:45am	BOOM™ Mind	Cherie B	Group Exercise Studio	*no class 11/24
11:00am	11:30am	Bounce!	Cherie B	Group Exercise Studio	*no class 11/24

FRIDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
9:45am	10:15am	Beginner Tai Chi	Steve J	Group Exercise Studio	
10:30am	11:15am	Tai Chi	Steve J	Group Exercise Studio	

Classes are open to all exercise levels, with alternative movements offered for different skill levels to maximize your personal workout. Our instructors are happy to give additional guidance to beginners, just introduce yourself before class!

Sign-ups begin 24 hours in advance for each class. You may reserve your spot from our website, www.wilkesymca.org.

Group Ex Class Descriptions

Balance and Coordination Strength Training- Improve balance, coordination, and functional strength through a series of exercises specialized for older adults.

BOOM™ Move- This fun, dance-inspired workout improves cardio fitness with easy-to-follow moves set to energizing music.

BOOM™ Muscle- This class incorporates athletic exercises that boost overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

BOOM™ Mind- The best from yoga and Pilates are combined into one fusion class designed to relax the body and mind. The focus is on core muscles, lower-body strength and balance.

Bounce!- Bounce! to better fitness with a high-energy, low impact, total body workout on a mini-trampoline. Lift your heart rate and strengthen your core to upbeat music that will keep you smiling through this 30 minute class.

Joy Riders- Designed for those "seasoned in life" and those new to cycle! This is a 30 minute interactive class.

SilverSneakers® Classic- Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels.

Tai Chi - involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Benefits include increased body awareness and mental calmness while improving balance and posture.

WILKES EXPRESS YMCA

1918 West Park Drive, North Wilkesboro 28659

P 336 838 2152 F 336 838 2153 www.wilkesymca.org A United Way Agency

Our Mission: "Helping all people reach their God-given potential in spirit, mind and body." Financial Assistance available.