

# APRIL 2023 SCHEDULE – WILKES EXPRESS YMCA



## MONDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:00am	8:45am	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	

## WEDNESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:00am	8:45am	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	
9:35am	10:05am	BOOM™ Muscle	Cherie B	Group Exercise Studio	
10:15am	10:45am	BOOM™ Mind	Cherie B	Group Exercise Studio	

## 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](http://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.

**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](http://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.