

Newberry County Family YMCA

8220 Jollystreet Road
Newberry, SC 29108
803-276-9936



Facility Hours

Monday-Friday 5:30am-9:00pm
Saturday 9:00am-6:00pm
Sunday 2:00pm-6:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Total Body Strength 6am Weight Room Kurt	Bootcamp 6am-7am Kurt	Total Body Strength 6am Weight Room Kurt	Spin 6am-7am Kurt	Total Body Strength 6am Weight Room Kurt	
Calorie Burn 8am-9am Melody	Spin and Tone 8am-9am	Calorie Burn 8am-9am Melody	Spin and Tone 8am-9am Rhonda	Calorie Burn 8am-9am Melody	
Zumba 9am-10am Amber		Zumba 9am-10am Amber		Zumba 9am-10am Amber	Cycle 9:00am Kurt
Silver Sneakers 9am-10am Tina	Caring, Honesty, Respect, Responsibility				
Foundational Yoga 10am-11am Cynthia	Silver Sneakers 10am-11am Norma/Judy	Foundational Yoga 10am-11am Cynthia	Silver Sneakers 10am-11am Norma/Judy	Advanced Yoga 9am-10am	Intermediate Yoga 10am-11am Kelly
Water Aerobics 10am-11am Genene		Water Aerobics 10am-11am Genene		Water Aerobics 10am-11am Genene	Water Aerobics 10am-11am Kurt
Pickleball 10am-12pm		Pickleball 10am-12pm		Pickleball 10am-12pm	Pickleball 9am-11am
Breathe and Stretch Yoga 11:30am Cynthia		Breathe and Stretch Yoga 11:30am	Building Community, One Class at a Time		
Calorie Burn 4:45pm-5:45pm	Calorie Burn 4:45pm-5:45pm	Total Body Strength 4:45pm-5:30pm Kurt	Calorie Burn 4:45pm-5:30pm Kurt		
	Intermediate Yoga 5:45pm-6:45pm Kelly		Yin Fusion Yoga 5:45pm-6:45pm Yulia		
Cycle 5:45pm-6:45pm Kurt	Barre 5:45pm-6:30pm Kurt	Cycle 5:45pm-6:45pm Kurt	Barre 5:45pm-6:30pm Kurt		
	Water Aerobics 6:45pm Kurt		Water Aerobics 6:45pm Kurt		

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www.newberryymca.org

Class Descriptions

Barre – Low intensity ballet inspired workout using a combination of ballet, yoga, Pilates and strength exercises.

Bootcamp – High intensity interval based full body workout combining body weight, cardio, and strength exercises.

Breathe & Stretch – Gentle chair based yoga including seated and standing poses.

Calorie Burn – High intensity full body cardio and strength workout combining weight exercise exercises and the use of strength equipment.

Cycle – High intensity cardio workout using stationary bike.

Pickleball – Game resembling tennis in which players use paddles to hit a perforated plastic ball over a net.

Silver Sneakers – Low intensity chair based strength exercise class using hand weights, resistance bands, and various other equipment.

Spin and Tone – Combination of cycle and full body toning exercises using body weight and hand weights.

Step – Aerobic cardio workout using a step for entire workout.

Total Body Strength – High intensity workout involving intervals of both cardio and strength exercises.

Water Aerobics – Aerobic exercise while in the water

Yoga – Suitable for all levels, focuses on increasing balance and flexibility through bodily posture and breathing exercises.

Zumba – Low to high intensity Latin inspired line dance class.

Introducing YMCA360

YMCA360 is an on-demand video platform for our Y community. YMCA360 offers group exercise classes, youth sports training, well-being classes and more to serve you wherever you are. Whether you are at home or on the road, take the Y with you along with your favorite classes, instructors and more. Ask Member Services for more details.



YMCA Mission: To put Christian principles into practice through programs that promote healthy Spirit, Mind, and Body for All.

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