Text

Description automatically generated with low confidence

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

**Newberry County Family YMCA**8220 Jollystreet Road  
Newberry, SC 29108  
803-276-9936

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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 Amber | **Spin and  Tone  8am-9am** | **Calorie Burn  8am-9am Amber** | **Spin and Tone  8am-9am Rhonda** | **Bootcamp 8am-9am Amber** |  |
| Zumba  9am-10am Amber | **Step  9am-10am Amber** | **Zumba  9am-10am Amber** |  | **Zumba  9am-10am Amber** | **Cycle 9:15am Kurt** |
| Yoga  10am-11am Cynthia | **Silver  Sneakers  10am-11am Norma/Judy** | **Yoga  10am-11am Cynthia** | **Silver Sneakers 10am-11am Norma/Judy** |  | **Yoga 10am-11am Kelly** |
| Water Aerobics  10am-11am |  | **Water Aerobics  10am-11am** |  | **Water Aerobics 10am-11am** | **Water Aerobics 10am-11am** |
| Pickleball  10am-12pm | **Pickleball  10am-12pm** | **Pickleball  10am-12pm** | **Pickleball  9am-11am** |
| Breathe and Stretch  11:30am Cynthia | **Building Community, One Class at a Time** | | | | |
| Total Body Strength  4:45pm-5:45pm YMCA360 | **Calorie Burn  4:45pm- 5:45pm YMCA360** | **Total Body Strength  4:45pm-5:30pm Kurt** | **Calorie Burn 4:45pm-5:30pm Kurt** | **A group of people posing for a photo  Description automatically generated** | |
|  | **Yoga 5:45pm-6:45pm Kelly** |  |  |
| 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** |

**Group Exercise Class Pool Exercise Class Basketball Court**

**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.  
**Text

Description automatically generated**

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