

**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

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| Total Body Strength 6amWeight RoomKurt | **Bootcamp 6am-7amKurt** | **Total Body Strength6amWeight RoomKurt** | **Spin6am-7am****Kurt** | **Total Body Strength 6amWeight RoomKurt** |  |
| Calorie Burn 8am-9amAmber | **Spin and Tone 8am-9am** | **Calorie Burn 8am-9amAmber** | **Spin and Tone 8am-9amRhonda** | **Bootcamp 8am-9amAmber** |  |
| Zumba 9am-10amAmber | **Step 9am-10amAmber** | **Zumba 9am-10amAmber** |  | **Zumba 9am-10amAmber** | **Cycle9:15amKurt** |
| Yoga 10am-11amCynthia | **Silver Sneakers 10am-11amNorma/Judy** | **Yoga 10am-11amCynthia** | **Silver Sneakers 10am-11amNorma/Judy** |  | **Yoga10am-11amKelly** |
| 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 11:30amCynthia | **Building Community, One Class at a Time** |
| Total Body Strength 4:45pm-5:45pmYMCA360 | **Calorie Burn 4:45pm-5:45pmYMCA360** | **Total Body Strength 4:45pm-5:30pmKurt** | **Calorie Burn 4:45pm-5:30pmKurt** |  **A group of people posing for a photo  Description automatically generated** |
|  | **Yoga5:45pm-6:45pmKelly** |  |  |
| Cycle 5:45pm-6:45pmKurt | **Barre 5:45pm-6:30pmKurt** | **Cycle 5:45pm-6:45pmKurt** | **Barre 5:45pm-6:30pmKurt** |
|  | **Water Aerobics 6:45pmKurt** |  | **Water Aerobics 6:45pmKurt** |

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