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

Total Body Strength 6amBootcamp 6am-7am KurtTotal Body Strength 6amSpin 6am-7am KurtTotal Body Strength 6am6am Weight Room KurtKurtSpin 6am-7am KurtTotal Body Strength 6am KurtWeight Room KurtCalorie Burn 8am-9amSpin and Tone 8am-9amCalorie Burn 8am-9am MelodySpin and Tone 8am-9am AmberSpin and Tone 8am-9am AmberCalorie Burn 8am-9am AmberSpin and Tone 8am-9am AmberCalorie Burn 8am-9am AmberZumba 9am-10am AmberZumba 9am-10am AmberZumba 9am-10am AmberZumba 9am-10am AmberZumba 9am-10am AmberSilver Sneakers 9am-11am CynthiaSilver 10am-11am Norma/JudyYoga 10am-11am Norma/JudySilver Yoga 10am-11am Norma/JudyYoga 10am-11am Norma/JudyWater Aerobics 10am-11am Pickleball 10am-11amYoga 10am-11am Pickleball 10am-12pmSilver Silver Silver Norma/JudyWater Aerobics 10am-11am Pickleball 10am-12pmWater Aerobics 10am-11am Pickleball 10am-12pmWater Aerobics 10am-11am Pickleball 10am-12pmWater Aerobics 10am-11am Pickleball 10am-12pmWater Aerobics 10am-11am Pickleball 10am-12pmWater Aerobics 10am-11am Pickleball 10am-12pmBreathe and Stretch 11:30am CynthiaBuilding Community, One Class at a TimePickleball 9am-10am	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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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



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

Connect with us:

