



FIND YOUR FIT

STEP WITH BOBBIE THURS. 5:30 PM

Classic cardio workout utilizing a raised platform. Varying patterns designed to boost heart rate and breathing and strengthen muscles.

SILVER SNEAKERS

**MON. 9 AM
TUES. 10 AM
THURS. 9 AM
FRI. 8:30 AM**

Move to music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

Body Sculpt/Boot Camp

**Mon. 5:30 PM
Wed. 5:30 PM**

Get your heart rate up with low impact aerobic movements. Tone muscle groups utilizing hand weights, balls & bands with high energy, fun music.

LET'S GET FIT TOGETHER

ZUMBA TUES. 5:30 PM

Combines high energy and motivating music with unique moves and combinations.

PADDLE WITH PATTY TUES. 9:30 AM (POOL)

MAKING WAVES THURS. 9:30 AM (POOL)

AQUAFIT FRI. 9:45 AM (POOL)

Cardio, resistance and core workout in shallow water. Traditional stretching and toning to help increase strength and improve flexibility.

FITNESS FUSION TUES. 9 AM THURS. 10 AM

High intensity includes strength and cardio for a total body workout.

YOGA MON. 9:15 AM MON. 6:30 PM THURS. 12:15 PM SAT. 10 AM

Increase muscle tone and flexibility. Great way to learn to relax and become focused on your overall health and well-being.

LINE DANCING WED. 9 AM

Fun and fitness dance moves to music with a western beat.

CHAIR YOGA WED. 11 AM

Stretch away stress & anxiety with this adaptive low impact form of yoga.

BOOGIE WITH BILL TUES & THURS 8 AM

Cardio high and low impact aerobics set to energizing music!

HENDERSON FAMILY YMCA
380 Ruin Creek Rd
Henderson, NC 27536
www.hendersonymca.org

For updates and information—
Download our mobile app DAXKO
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Need help—call (252)438-2144

