

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Indoor Cycling

INDOOR GROUP CYCLING

Awesome cardiovascular workout for every fitness level - beginner to advanced. Classes are conducted on specially designed indoor stationary bikes. The workout can be as intense as you like! With instructors who motivate with music and lots of energy, you will attain your fitness goals. Both seated and standing techniques are performed. Enjoy the flexibility of only signing up for the days and times that work for you! **Bring water and a towel.** Heart rate monitors are encouraged but not required. For first-time riders, arrive a few minutes early for instruction on bike set-up and settings.



Fees:	Member: \$12	Other: \$40
Greenville	Monday	6:00-6:45 am
Greenville	Wednesday	6:00-6:45 am
Greenville	Friday	6:00-6:45 am
Instructor: Stephanie Beisner		
Greenville	Tuesday	6:00-6:45 am
Greenville	Thursday	6:00-6:45 am
Instructor: Suzan Shively		
Greenville	Monday	8:45-9:30 am
Greenville	Tuesday	8:45-9:30 am
Greenville	Thursday	8:45-9:30 am
Greenville	Wednesday	8:00-8:45 pm
Instructor: Peggy Menning / Diana Unger		
Greenville	Friday	5:45-6:30 pm
Instructor: Ashley Matheson		

Active Older Adults

SILVER SNEAKERS FITNESS PROGRAMS

SILVER SNEAKERS TRADITIONAL PROGRAM

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support. **This class is FREE for Humana Medicare Advantage or Anthem Medicare Preferred!**

Fees:	Member: \$19	Other: \$44
Greenville	Tue/Thu	11:00-11:45 am
Instructor: Karyl Woolery		
Versailles	Tue/Fri	12:30-1:15 pm
Instructor: Karyl Woolery		

SILVER SNEAKERS YOGASTRETCH

YogaStretch is the newest SilverSneakers class! You will learn a blend of three Yoga styles to create a harmony of movement for the whole body. YogaStretch is taught from a seated and standing position to enhance the flow and energy created in combination with restorative breathing exercises. This class offers a variety of safe and effective options designed to increase flexibility and balance to improve your sense of well being! **This class is FREE for Humana Medicare Advantage or Anthem Medicare Preferred!**

Fees:	Member: \$19	Other: \$44
Greenville	Mon/Fri	11:00-11:45 am
Instructor: Karyl Woolery		



Become A Volunteer!

Do you believe in the Y mission? Do you want to make a difference in the lives of others? We have many volunteer opportunities here at the YMCA! The YMCA currently has over **200 volunteers** and those volunteers have contributed almost **4000 hours of service!** **This year we will be offering the Presidential Volunteer Service Awards to our volunteers who qualify. To find out more contact Barb Pequignot.** Please help us to build strong kids, strong families, and strong communities by becoming a YMCA Volunteer.

