



# January AOA Schedule

## Hayes Taylor Memorial YMCA

Hayes Taylor Memorial YMCA 1101 E. Market Street • Greensboro, NC 27405 • 336-272-2131 • [www.hayestaylorymca.org](http://www.hayestaylorymca.org)

	28 7am Cardio Kids 10:00am Silver Sneakers Variety Exer. <b>1pm Variety Water Exer.</b> 7pm Line Dance	29 9:15 am Arthritis H2OEX 10am Silver Sneakers Muscular Strength	30 7am Cardio Kids 10:00am Silver Sneakers Variety Exer. <b>1pm Variety Water Exer.</b> 7pm Line Dance	31 <b>Happy New Year Eve</b>	1 <b>Happy New Years Day</b>	2 9am Beg. Step
3	4 7am Cardio Kids 10:00am Silver Sneakers Variety Exer. <b>1pm Variety Water Exer.</b> 7pm Line Dance	5 9:15 am Arthritis H2OEX 10am Silver Sneakers Muscular Strength	6 7am Cardio Kids 10:00am Silver Sneakers Variety Exer. <b>1pm Variety Water Exer.</b> 8pm Line Dance	7 9:15 am Arthritis H2OEX 10am Silver Sneakers Muscular Strength	8 7am Cardio Kids 10:00am Silver Sneakers Variety Exer. <b>1pm Variety Water Exer.</b> 6:15 Step Aerobics	9 9am Beg. Step
10	11 7am Cardio Kids 10:00am Silver Sneakers Variety Exer. <b>1pm Variety Water Exer.</b> 7pm Line Dance	12 9:15 am Arthritis H2OEX 10am Silver Sneakers Muscular Strength	13 7am Cardio Kids 10:00am Silver Sneakers Variety Exer. <b>1pm Variety Water Exer.</b> 8pm Line Dance	14 9:15 am Arthritis H2OEX 10am Silver Sneakers Muscular Strength	15 7am Cardio Kids 10:00am Silver Sneakers Variety Exer. <b>1pm Variety Water Exer.</b> 6:15 Step Aerobics	16 9am Beg. Step
17	18 <b>Martin Luther King Jr Day</b>	19 9:15 am Arthritis H2OEX 10am Silver Sneakers Muscular Strength	20 7am Cardio Kids 10:00am Silver Sneakers Variety Exer. <b>1pm Variety Water Exer.</b> 8pm Line Dance	21 9:15 am Arthritis H2OEX 10am Silver Sneakers Muscular Strength	22 7am Cardio Kids 10:00am Silver Sneakers Variety Exer. <b>1pm Variety Water Exer.</b> <b>6:15 Step Aerobics</b>	23 9am Beg. Step
24	25 7am Cardio Kids 10:00am Silver Sneakers Variety Exer. <b>1pm Variety Water Exer.</b> 7pm Line Dance	26 9:15 am Arthritis H2OEX 10am Silver Sneakers Muscular Strength	27 7am Cardio Kids 10:00am Silver Sneakers Variety Exer. <b>1pm Variety Water Exer.</b> 8pm Line Dance	28 9:15 am Arthritis H2OEX 10am Silver Sneakers Muscular Strength	29 7am Cardio Kids 10:00am Silver Sneakers Variety Exer. <b>1pm Variety Water Exer.</b> 6:15 Step Aerobics	30 9am Beg. Step

**CLASS DESCRIPTIONS:**  
**BEGINNING STEP:** Utilizes a step bench with low to moderate intensity. (For first time "steppers" –those who may have never taken a step class.)  
**Silver Sneakers Aerobics:** A low to moderate intensity class specifically for active older adults. This class is used to get your heart rate up and burn calories.  
**ARTHRITIS H2O EX:** Shallow water exercise at a low to moderate intensity specifically for active older adults. Water therapy for arthritis and lower back pain.  
**Line Dance:** Fun and Energetic exercise class that utilizes line dancing with easy to follow choreography such as "the Electric Slide" and "the Cupid Shuffle".  
**STEP AEROBICS:** Utilizes a step bench with easy to follow choreography that will get your heart rate up and burn calories. (The step movements made in this class can be simulated on the floor; the use of a bench is not required.)  
**Personal Training:** Just for those who want the challenge and the thrill of one on one workouts, or specialized training to lose those last few pounds please consult the Fitness Director for an appointment.  
Water Fitness Fees  
**\$1:00 for members**  
**\$4.00 for non-members per class.**