



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise FAQ's For New Participants

DO GROUP EXERCISE CLASSES COST EXTRA?

- No, Classes on the schedule are included as a benefit of membership within the YMCA of WNC

WHERE CAN I FIND THE GROUP EXERCISE SCHEDULE?

- You can find it on our website: www.ymcawnc.org
 - Click on your Center/location
- You can also access the schedule by downloading our app in google play or itunes store. From here you can add classes to your calendar on your smartphone.
- You can also find our schedule on our YMCA of Western North Carolina Facebook Page.
 - on our Facebook page, look for the group ex schedules box
 - click on the box and when the schedule appears, choose your center and filter

HOW EARLY SHOULD I ARRIVE FOR CLASS?

- Depending on the class, 10-15 minutes is fine, however for our more popular classes, you may want to be there 15-20 minutes early to choose your 'spot.'

DO I NEED A RESERVATION FOR MY CLASS?

- Most classes are first come, first serve. Group Cycling, TRX, Pilates, some Zumba, and some muscle pump classes request a reservation. If at the time of class starting, individuals who have reserved a spot may forfeit their spot to a member on the wait list. Register online at <https://www.ymcawnc.org/schedules> , click the center, then scroll to the class you would like to reserve. Click the 'sign up' button, and follow the prompts. Classes are available for reservations 24 hours in advance.

WHAT IF A CLASS IS FULL WHEN I GET THERE?

*If you can not get into the class you came for because it was full, we encourage you to try some of the other classes we have going on at the same time. There are many activities including the Wellness Floor, gym, pool, and studio areas where you can get your own workout it

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Group Exercise FAQ's For New Participants Continued...

HOW DO I FIND THE INSTRUCTOR?

- The instructor will have on a YMCA nametag. They may be wearing a mic. You can usually find them at the stereo, or walking around mingling with students. Keep in mind they will be looking for new participants.

SHOULD I TALK TO THE INSTRUCTOR BEFORE CLASS– WHAT IF I CANT FIND THE INSTRUCTOR?

- Yes, you should try to introduce yourself to the instructor if he/she doesn't find you first.

SHOULD I TELL MY INSTRUCTOR ABOUT MY CONDITIONS OR INJURIES?

- YES! Definitely tell the instructor any info he/she may need to know about you so they can provide appropriate options and modifications to keep you safe and provide the best experience possible for you.

SHOULD I TELL MY INSTRUCTOR MY SKILL LEVEL?

- Absolutely! The instructors love and need to know skill levels so they can appropriately choose the best options and class design for the members taking their class.

CAN I BRING MY CHILDREN TO CLASS?

- Children ages 7 and up are welcome to attend our Family Friendly classes– designated on the schedule with an infinity symbol. They must be well behaved, actively participating in the class and have adult supervision. Children under 7 may not attend group exercise classes.

WHAT SHOULD I WEAR TO CLASS?

- Anything you feel comfortable moving and sweating in. Appropriate footwear for the type of class is recommended. Athletic shoes– tennis shoes are worn in most of our classes and we also have barefoot classes.

CAN I DO ANY OF THE CLASSES ON THE SCHEDULE? WHAT IF IT IS TOO HARD?

* We have designed most of our classes to suit the needs of most participants from beginner to advanced. If a class is specifically for advanced students, it will be indicated in the class description so make sure you are reading those carefully prior to taking the class. Feel free to ask the instructor if the class is appropriate for you.

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CAN SOMEONE HELP ME CHOOSE THE RIGHT CLASS TO GO TO?

* Absolutely, any group exercise instructor, healthy living coach, or member engagement representative can help you choose the perfect classes for you based on your interests and goals. If you need more in depth conversations or help regarding which class is best for you, please feel free to contact the Group Exercise Manager, Jessica Chapman at: jchapman@ymcawnc.org

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