



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 FREE and included as a benefit of membership with the YMCA of WNC.

WHERE CAN I FIND THE GROUP EXERCISE SCHEDULE?

- You can get a copy of the schedule from Member Services.
- You can find our schedule on our website: www.ymcawnc.org
 - Click schedules
 - Scroll down and find your center
 - Click on the class schedule pdf for your center
- You may also access schedule by going to <http://www.ymcawnc.org/schedules>
 - Click on the blue "Group Exercise" button for your center
 - This list view of the current week's schedule has a calendar icon beside each class
 - By clicking the calendar icon, you will be scheduling an appointment for that class date and time on your smart phone or Outlook calendar.
- You can also find our schedule on our YMCA of Western North Carolina Facebook Page
 - On our Facebook page look for the Group Ex Schedule box
 - Click on the box and when the schedules appear-choose your center and filter

HOW EARLY SHOULD I ARRIVE FOR CLASS?

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

DO I NEED A RESERVATION FOR MY CLASS?

- No, classes are first come first serve with the exception of Group Cycling, Shockwave, TRX. Register online at www.ymcawnc.org/schedules, click on "Make an Appointment" and then follow the prompts. These classes are available for registration 24 hours in advance.

WHAT IF CLASS IS FULL WHEN I GET THERE?

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

HOW DO I FIND THE INSTRUCTOR

- The instructor will either have on a black YMCA staff shirt, a nametag or both. 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 CAN'T 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 CONDITIONS OR INURIES?

- Yes! Definitely tell the instructor any info he/she may need 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 years and up are welcome to attend our Family Friendly classes-designated on the schedule with a smiley face. They must be well behaved, actively participating in class and have direct 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 CLASS 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, this will be indicated in the class description so make sure you are reading those carefully prior to taking a class. Not every class is made for every-body, so feel free to ask the instructor of the class if it is appropriate for you, or choose to watch the class before taking it.

CAN SOMEONE HELP ME CHOOSE THE RIGHT CLASSES 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 conversation or help regarding which classes are best for you, please feel free to contact Group Exercise Coordinator, Jessica Chapman at: jchapman@ymcawnc.org for a group exercise consultation.