

HICKORY FOUNDATION YMCA

701 1st St NW, Hickory, NC 28601 (828) 324-2858

Due to COVID-19, as of 2/21/2021 the Hickory Foundation YMCA does honor reciprocity (memberships from another YMCA,) but is not allowing non-member guests at this time.
Keep checking back for updates!

Frequently Asked Questions:

◆ Do yoga classes at the YMCA cost extra?

No, regular yoga classes at the Hickory Foundation YMCA are unlimited with no extra cost to the member. At times there may be special events such as fundraisers, but regular yoga classes have no extra fee.

◆ Do I need to pre-register for yoga classes at the Y?

It is highly recommended to pre-register for yoga classes at the Hickory YMCA at this time for several reasons. First, this secures you a spot in the class if it reaches capacity (15 people.) Second, it makes contact tracing easier in the era of COVID-19. You can pre-register online at <http://www.ymcacv.org/account-request.php>, or you can call 828-324-2858. You can also give your name at the desk if there are still spots open in the class.

◆ Do I need to bring props to class?

During these times of COVID-19, it is highly recommended to bring your own mat and props (strap, blocks, blankets,) but these (plus bolsters) are available in the yoga room for community use. There are sanitizing wipes and spray available for use before and after class.

◆ What if I am a beginner, or haven't practiced yoga for a while?

Cynthia's classes are all designed so that a person new to yoga can have a successful practice. Modifications are offered throughout the class to increase or decrease strength, balance and flexibility. Check the Hickory Foundation YMCA's schedule at <http://www.ymcacv.org/schedules-hickory.php> for "beginner yoga" classes for the whole class to be designed for beginners (you can see instructor name on schedule as well.) It is always a good idea to let the instructor know you are a beginner.

◆ What if I have an injury?

Check with your doctor prior to attending class for advice on which poses to avoid or modify. If your doctor gives you the okay to attend classes, it is always a good idea to inform the yoga instructor of your injury before class begins. Modifications can be suggested throughout the class for your particular type of injury so that you can have a successful practice.

◆ What if I am pregnant?

Check with your doctor prior to attending class for advice on which poses to avoid or modify. If your doctor gives you the okay to attend, yoga can be practiced throughout the pregnancy with modifications. It is always a good idea to inform the yoga instructor of your pregnancy and how far along you are in the pregnancy before class begins. Modifications can be suggested throughout the class so that you can have a successful practice. Some mummies have come and just relaxed in a supported savasana throughout the class as their practice!

◆ Other questions? Contact me!

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