

Class Descriptions

Aerobic Workout: A traditional favorite! High energy hi/low impact class.

Aqua Cardio: This shallow end class focuses on giving the participants a good cardiovascular workout. This class has a lot of movement and directional changes and is kept at a high intensity.

Aqua Jog: This deep end class offers a no impact workout that offers great resistance training. Swimming ability is required.

Arthritis Class: This low key shallow end class focuses on range of motion from head to toe. No equipment is needed in this class.

Circuit: This class will consist of a mixture of regimens from abdominal workouts, team relays, group challenges, circuit training and much more. This class is guaranteed to take the stress out of your daily life and give you a feeling of accomplishment!

Group Cycling: Indoor cycling classes offer high energy stationary bike workouts that enhance cardiovascular endurance and muscular strength. Participants select intensity levels during the workout through body position and bike tension.

SilverSneakers @ Circuit: Experience standing, low-impact choreography alternated with standing upper body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.

SilverSneakers@ Classic: 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 standing support.

SilverSneakers@ Yoga: This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

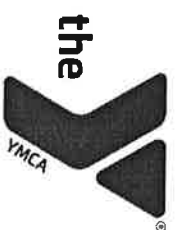
SilverSplash@: Activate your aqua urge for variety! SilverSplash@ offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers@kickboard is used to develop strength, balance and coordination.

Weight Training: This class focuses on strengthening and toning all the major muscles. A variety of equipment is provided.

Wolfe Pack Boot Camp: Four week sessions that uses interval training methods and conditioning skills such as speed and agility drills found in many professional sports. Additional fee for this class.

Yoga: Learn strengthening and stretching discipline designed to relax your body and mind.

Zumba@: The Zumba program fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away.

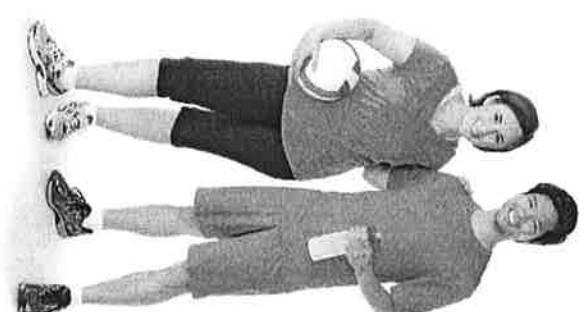


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DO MORE

BE MORE

Group Fitness Schedule
YMCA OF SOUTHEAST TEXAS



YMCA OF SOUTHEAST TEXAS

Group Fitness Schedule

Classes are complimentary except Wolfe Pack Boot Camp.

	Monday	Tuesday	Wednesday	Thursday	Friday
5:00AM	Wolfe Pack Boot Camp Additional fee required Upstairs Room	Wolfe Pack Boot Camp Additional fee required Upstairs Room	Wolfe Pack Boot Camp Additional fee required Upstairs Room	Wolfe Pack Boot Camp Additional fee required Upstairs Room	
9:00 am	Aerobics/Weights Pam	Step Pam Circuit (Gymnasium) Michele	Zumba@ Tina	Weight Training Pam Circuit (Gymnasium) Michele	Zumba@ Tina
10:00 am	SilverSneakers@ Circuit Michele	Yoga Pam	Group Cycling Michele SilverSneakers@ Classic Tina	Yoga Pam	SilverSneakers@ YogaStretch Pam
2:00 pm		Silver Sneakers@ Classic Pam		Silver Sneakers@ Circuit Michele	
5:30 pm	Wolfe Pack Boot Camp Additional fee required Upstairs Room	Wolfe Pack Boot Camp Additional fee required Upstairs Room	Wolfe Pack Boot Camp Additional fee required Upstairs Room	Wolfe Pack Boot Camp Additional fee required Upstairs Room	
5:45 pm	Group Cycling Nathalie	Step/Weights Nathalie		Group Cycling Nathalie	
6:30 pm	Latin/Hip-Hop Dance Ednesha	Karate	Latin/Hip-Hop Dance Ednesha	Karate	
	(STARTING - 1/14/2019)		(STARTING - 1/16/2019)		

Please turn off or mute your cell phone during class.
Subject to change.

Water Exercise Schedule

Complimentary Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am	Aqua Cardio Tina	Aqua Cardio Jodie	Aqua Cardio Jodie	SilverSplash@ Tina	Aqua Cardio Jodie
9:30 am	Aqua Jog Tina	Arthritis Exercise Tina	Aqua Jog Jodie	Arthritis Exercise Tina	Aqua Jog Jodie
5:30 pm	Aqua Cardio Jennifer			Aqua Cardio Jennifer	

Location: YMCA Pool

West Side Development Center

Complimentary for YMCA members and \$3.00 per class for Non YMCA members

	Monday	Tuesday	Wednesday	Thursday	Friday
1:00 pm		SilverSneakers@ Classic Michele		SilverSneakers@ Classic Pam	

Effective 1/7/2019