



YMCA Aquatic Center Group Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am					Tai Chi GRP/Louis	
9:00am	Yoga FR/Lenny		Yoga FR/Lenny			
10:00am	Silver Sneakers I FR/Sue		Silver Sneakers I FR/Lenny		Silver Sneakers I FR/Ensley	*Tae Kwon Do 10am & 11am
12:00pm	Total Body Training GRP/Laura		Total Body Training GRP/Laura			
5:30pm			*Tae Kwon Do Kids (5-7 yrs old)	Cardio Kickboxing GRP/Valerie	*Tae Kwon Do Kids (5-7 yrs old)	
5:45pm	Zumba FR/Ensley 45 min		Zumba FR/Ensley 45 min			
6:00PM		Abs/Core FR/Lilyan		Abs/Core FR/Mike/Ensley		
6:15pm			*Tae Kwon Do Beginners		*Tae Kwon Do	
6:30pm	Abs/Core FR/Lilyan	Total Body Training GRP/Valerie	Abs/Core FR/Lilyan	Total Body Training GRP/Valerie		
7:00pm			*Tae Kwon Do Advanced		*Tae Kwon Do	

* Tae Kwon Do is a fee based program. Please see front desk for more information.

Cardio Cycling Schedule

Time	Monday	Tuesday	Wednesday	Thursday
5:30pm		Cardio Cycle Valerie		Cardio Cycle Lilyan

Water Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am	Shallow	Shallow	Shallow	Shallow	Shallow
9:00am	Deep		Deep		
11:00am	Shallow	Shallow	Shallow	Shallow	Shallow

Pool Hours

Competition Pool and Diving Well
Teaching Pool

Mon-Fri: 5:30am-8:30pm
Mon-Fri: 8:00am-8:00pm

Sat: 8:00am-4:00pm
Sat: 8:00am-4:00pm

Sunday: Closed
Sunday: Closed

Child Development Hours

Mon-Thurs 5:00pm-8:00pm
Friday 5:00pm-7:30pm
Saturday 9:00am-11:30am

Master Swim Practice

Mon/Wed/Fri Noon-1:30pm
Mon-Thurs 6:30pm-7:30pm
Saturday 10:00am-Noon
Tri Club
Mon/Wed 5:30am-7:00am

Hours of Operation

Mon-Fri 5:30am-8:30pm
Saturday 8:00am-4:00pm
Sun CLOSED

YMCA Group Exercise Class Types & Descriptions

Strengthening Classes

These classes will strengthen and condition muscles. Most classes incorporate equipment such as dumbbells, body bars, bands, medicine balls, etc. Some classes may only utilize your own body weight to create resistance.

Benefits of Taking Strength Classes:

- Feeling Better, Looking Better & Meeting Friends
- Increased Metabolic Rate – you burn more calories
- Increasing & Restoring Bone Density
- Increase Lean Muscle, Strength, Power & Endurance
- Injury Prevention
- Improved balance, flexibility, mobility & stability
- Enhanced performance in sports or exercise

Cardio Classes

These classes will increase heart rate and help improve your overall cardiovascular & cardio respiratory fitness. These classes are upbeat and fun to participate in. Some classes incorporate steps, dance, punching bags, jump ropes and bikes.

Benefits of Taking Cardio Classes:

- Feeling Better, Looking Better & Meeting Friends
- Healthier & Stronger Heart
- Reduce the risk of Heart Disease
- Reduce or prevent high Cholesterol levels
- Increase & Restore Bone Density
- Increased Metabolic Rate – burn more calories
- Enhanced performance in sports or exercise

Combination Classes

Our combination classes combine together both the cardio and strength element of exercise into one class. Busy schedules and obligations often force us to limit the time we spend exercising. These classes use techniques that are both efficient and effective in burning calories, increasing muscular strength and endurance and giving you the variety you need to stay motivated.

Benefits of taking Combination Classes:

- Feeling Better, Looking Better & Meeting Friends
- Saves time
- Efficient and effective
- Healthier & Stronger Heart
- Increased Metabolic Rate – burn more calories
- Increase lean muscle
- Enhanced performance in sports or exercise

Spirit-Mind-Body

These classes not only help improve your physical fitness, but allow quiet time for reflection and stress reduction. These classes generally focus on breathing control, flexibility, balance and mental focus.

Benefits of Taking Spirit-Mind-Body Classes:

- Feeling Better, Looking Better & Meeting Friends
- Union of mind, body and spirit
- Increased muscular flexibility
- Improved balance, mobility and stability
- Reduced stress levels
- Improved overall well-being

STRENGTHENING CLASSES

Abs/Core – This 30 minute class focuses on the abdominal/low back muscles and other core stabilizing muscles. Good core strength helps reduce back pain and improves overall fitness and stability.

Total Body Training– A strengthening class incorporating traditional weight training exercising such as squats, presses, lifts and curls. All major muscle groups are worked using barbells. Dumbbells and other equipment may be utilized.

CARDIO CLASSES

Cardio Cycling – This class is performed on a stationary bicycle. Instructors will guide you through an all-terrain ride while focusing on proper body alignment, heart rate and proper cycling techniques. Some classes may be held outdoors to enhance your experience.

Zumba® - Zumba classes fuse Latin rhythms and easy to follow moves to create a dynamic fitness party atmosphere. The routines feature interval training sessions with fast and slow rhythms that incorporate Latin & International dances such as salsa, mambo, cha cha, meringue, regaton, samba, belly dance, hip hop and more.

Cardio Kickboxing – Sport specific techniques of boxing and martial arts are incorporated in this interval-based workout. Punching, kicking, footwork, punch mitts, heavy bags and jump ropes may be utilized.

COMBINATION CLASSES

Water Fitness – This aquatic workout incorporates both cardio and strength based exercises using water dumbbells & barbells, float belts, water gloves. The water provides a lower impact environment for your exercise which is friendlier on the joints.

Silver Sneakers – A customized exercise class for older adults designed to increase strength, flexibility, balance and endurance.

SPIRIT-MIND-BODY CLASSES

Yoga - Yoga is a class that creates balance in the body through developing both strength and flexibility. It is designed to relieve stress and center peace of mind, body and spirit by focusing on breathing techniques, stretching, toning and relaxation.

Tai Chi – Tai Chi is the ancient art of carefully coordinated exercises that follow a natural, relaxed pattern of gradual movements that promotes balance and coordination.