



WELLNESS SCHEDULE

YMCA OF THE COASTAL BEND * 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WATER WORKOUTS	Aqua ZUMBA® 9:00 AM – 10:00 AM Water Aerobics 5:30 PM – 6:30 PM	Aqua ZUMBA® 9:00 AM – 10:00 AM	Aqua ZUMBA® 9:00 AM – 10:00 AM Water Aerobics 5:30 PM – 6:30 PM	Aqua ZUMBA® 9:00 AM – 10:00 AM	Aqua ZUMBA® 9:00 AM – 10:00 AM Aqua ZUMBA® 5:30 PM – 6:30 PM		
CARDIO/ CORE CLASSES	Silver Sneakers® (Com. RM) 9:00 AM – 10:00 AM Core/Circuit Class (Aerobics RM) 12:00 PM – 1:00 PM ZUMBA® (Aerobics RM) 5:30 PM – 6:30 PM Kickboxing (Com. RM) 6:35 PM – 7:35 PM	Core/Circuit Class (Aerobics RM) 5:45 AM – 6:45 AM H.I.I.T. (Community RM) 12:00 PM – 1:00 PM ZUMBA® (Aerobics RM) 5:30 PM – 6:30 PM PILOXING® (Com. RM) 6 PM – 7 PM	Silver Sneakers® (Com. RM) 9:00 AM – 10:00 AM Core/Circuit Class (Aerobics RM) 12:00 PM – 1:00 PM ZUMBA® (Aerobics RM) 5:30 PM – 6:30 PM Boot Camp (Com. RM) 5:30 PM – 6:30 PM	Strength/YOGA (Aerobics RM) 5:45 AM – 6:45 AM Zumba Gold® (Com. RM) 8:00 AM – 9:00 AM H.I.I.T. (Community RM) 12:00 PM – 1:00 PM ZUMBA® (Aerobics RM) 5:30 PM – 6:30 PM NEW PILOXING® (Com. RM) 5:30 PM – 6:30 PM	Silver Sneakers® (Com. RM) 9:00 AM – 10:00 AM Core/Circuit Class (Aerobics RM) 12:00 PM – 1:00 PM ZUMBA® (Aerobics RM) 5:30 PM – 6:30 PM	ZUMBA® (Aerobics RM) 9:00 AM – 10:00 AM NEW	
STRENGTH TRAINING	BODYPUMP™ (Com. RM) 5:30 PM – 6:30 PM	BODYPUMP™ (Aerobics RM) 12:00 PM – 1:00 PM	BODYPUMP™ (Com. RM) 5:30 PM – 6:30 PM	BODYPUMP™ (Aerobics RM) 12:00 PM – 1:00 PM	BODYPUMP™ (Aerobics RM) 5:30 PM – 6:30 PM	BODYPUMP™ (Community RM) 10:00 AM – 11:00 AM	
CYCLING CLASSES	Cycling (Cycle RM) 5:45 AM – 6:45 AM	Cycling (Cycle RM) 5:30 PM – 6:30 PM	Cycling (Cycle RM) 5:45 AM – 6:45 AM	Cycling (Cycle RM) 5:30 PM – 6:30 PM			
YOGA	Sunset Yoga (Aerobics RM) 6:45 PM – 7:45 PM	SILVERSNEAKERS YOGA® (Com. RM) 8:00 AM – 9:00 AM	Sunrise Yoga (Aerobics RM) 6:00 AM – 7:00 AM Sunset Yoga (Aerobics RM) 6:45 PM – 7:45 PM	NEW PIYO (Aerobics RM) 6:45 PM – 7:45 PM			

Schedule is subject to change, as of January 31, 2017

Upcoming events...

KEY

\$ - Paid class, Not included with membership
Com. RM- Community Room

CLASS DESCRIPTION



LES MILLS BODYPUMP™ - is a non-impact weights-based exercise class that works every major muscle group in the body using weights, a bar and step. It strengthens, conditions and tones muscles, producing amazing results - fast.

Yoga - Spirit, mind, and body all come together in this calm and relaxing class. This can help to start the day off invigorated, or melt away the day's stresses while helping to improve flexibility at the same time. The flow is slow, focusing on pose techniques, body alignment, and deep breathing. A great class to improve balance & flexibility while relaxing the mind



SilverSneakers® MSROM - 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/or standing support.

SilverSneakers Yoga - 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.



ZUMBA - Ditch the Workout Join the Party® is the battle cry of the Zumba revolution. What is Zumba? Zumba is the dance/fitness workout that uses African beats and Latin rhythms to help participants get fit in a party like environment. Using an interval format each Zumba class combines dance and fitness moves for cardiovascular health, toning and strength building.

Core Training - Intense Abdominal training, with emphasis on form and alignment

Circuit Work-it - This circuit class is designed to promote skill and body position development while delivering a high intensity, multi-style progressive workout. No class experience required. A challenging workout for all abilities!

Cycling - This class focuses on cardio challenges, hill climbs, and varying speeds and resistance for all participant levels. Great workout for all fitness levels but come ready to sweat!



PILOXING - The program uniquely blends the power, speed, and agility of boxing with the targeted sculpting and flexibility of pilates. These techniques are also supplemented by the use of weighted gloves, further toning the arms and maximizing cardiovascular health. Add to that exhilarating dance moves and you have a muscle-toning, fat-burning workout! Get ready to feel empowered!

Water Aerobics - Use the resistance of the water to improve cardiovascular fitness & overall tone without the impact that is associated with land based workouts. You do not need to swim to participate in our water classes.



Bootcamp - Don't be intimidated by the name, challenge yourself! Bootcamp is a fun, non-traditional way to get in shape and feel great. Bootcamp caters to all fitness levels from the beginner through advanced. Utilizing resistance training with strength equipment and body weight, along with cardiovascular training; you can get the lean, toned body that you've always wanted.



H.I.I.T. - Intensify your workout with High Intensity Interval Training (H.I.I.T.) Training classes. H.I.I.T. Training is a total body strength and cardio workout that is guaranteed to get your heart pumping. This interval-based training is designed to burn maximum calories in a short amount of time. Come join us and let's reach our goals together.



PiYo - PiYo isn't like standard Pilates and yoga classes that make you hold long, intense poses, or lead you through dozens of repetitive, microscopic core movements. Pi-Yo includes sequences to strengthen, lengthen and tone muscles as well as increase flexibility, range of motion and muscular endurance.

Butts and Guts - A high Energy Toning and Sculpting class designed to target those problem areas: butt, thighs and abs. Format includes a variation of squats, lunges and cardio intervals to lift and shape your lower body. Very effective way to burn fat and keep your muscles awake.