

THE YMCA OF THE COASTAL BEND

GROUP EXERCISE CLASS SCHEDULE 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7 a.m. Cycling Cycling Room (Adam)		6-7 a.m. Cycling Cycling Room (Adam)				
7:30 - 8:30 a.m. Tai-Chi Group Exercise A (Paul)	8-9 a.m. Zumba Gold® Group Exercise A (Elena)	7:30 - 8:30 a.m. Tai-Chi Group Exercise A		8-9 a.m. Zumba Gold® Group Exercise A (Elena)		
9-10 a.m. SilverSneakers® Boom: Move & Muscle Community Room (Armando)	9-10 a.m. SilverSneakers® Boom: Yoga, Strength & Flow Community Room (Bill)	9-10 a.m. SilverSneakers® Boom: Move & Muscle Community Room (Armando)	9-10 a.m. SilverSneakers® Boom: Mind & EnerChi Community Room (Bill)	9-10 a.m. SilverSneakers® Boom: Move & Muscle Community Room (Armando)	9-10 a.m. Zumba Gold® Group Exercise A (Elena)	
9-10 a.m. Aqua ZUMBA® Pool (Elena)	9-10 a.m. Aqua ZUMBA® Pool (Elena)	9-10 a.m. Aqua ZUMBA® Pool (Elena)	9-10 a.m. Aqua ZUMBA® Pool (Elena)	9-10 a.m. Aqua ZUMBA® Pool (Elena)		
					10-11 a.m. BOMBA Group Exercise A (Sarah)	
12-1 p.m. Core/Circuit Group Exercise B (Maria)		12-1 p.m. Core/Circuit Group Exercise A (Maria)	12-1 p.m. Cardio Push Cycling Room (Maria)	12-1 p.m. Core/Circuit Group Exercise A (Maria)		
5:30-6:30 p.m. Zumba® Group Exercise A (Elena)	5:30-6:30 p.m. Zumba® Community Room (Fernando)	5:30-6:30 p.m. Zumba® Group Exercise A (Elena)	5:30-6:30 p.m. Zumba® Community Room (Fernando)	5:30-6:30 p.m. Zumba® Group Exercise A (TBA)		
5:30-6:30 p.m. Water Aerobics Pool (Rebecca)	5:30-6:30 p.m. BOMBA Group Exercise A (Sarah)	5:30-6:30 p.m. Water Aerobics Pool (Rebecca)	5:30-6:30 p.m. BOMBA Group Exercise A (Sarah)	5:30-6:30 p.m. Aqua ZUMBA® Pool (Elena)		
6:45 - 7:45 p.m. Sunset Yoga Group Exercise A (Armando)		6:45 - 7:45 p.m. Sunset Yoga Group Exercise A (Armando)				
6:45 - 7:45 p.m. Tai-Chi Community Room (Paul)		6:45 - 7:45 p.m. Tai-Chi Community Room (Paul)				