



# ATHENS YMCA YMCA GOLD & HYDROBICS APRIL GROUP EXERCISE SCHEDULE

## MONDAY

8:00am **Deep Water Hydrobics**-Heather  
9:00am **Hydrobics**-Chip  
10:00am **Arthritis Water Class**-Chip  
10:00am **YMCA Gold**-Heather  
11:30am **\*Low Impact Total Body**-Heather

## TUESDAY

8:00am **Deep Water Hydrobics**-Sandi  
9:00am **Aqua Tabata**-Sandi  
10:00am **YMCA Gold**-Kim

## WEDNESDAY

8:00am **Deep Water Hydrobics**-Chip  
9:00am **Hydrobics**-Chip  
10:00am **Arthritis Water Class**-Chip  
10:00am **YMCA Gold**-Elyse  
11:00am **\*Low Impact Total Body**-Cindy

## THURSDAY

8:00am **Deep Water Hydrobics**-Vivian  
10:00am **Line Dancing**-Kim (Youth Room)

## FRIDAY

8:00am **Deep Water Hydrobics**-Jessica  
9:00am **Hydrobics**-Jessica  
10:00am **Arthritis Water Class**-Jessica  
10:00am **YMCA Gold Cardio Circuit**-Kim  
11:00am **\*Low Impact Total Body**-Cindy/Heather

## SATURDAY

8:00am **Deep Water Hydrobics**-Jessica J

- Stop in to visit April Dorsett, RN on Tues or Wed for BP check or wellness consultation
- Aqua Tabata is a **high intensity** aerobic workout located in the shallow end of the pool

**Low Impact Total Body is located downstairs in the Aerobic Room**



*A gush of bird-song, a patter of dew, A cloud,  
and a rainbow's warning, Suddenly sunshine  
and perfect blue-- An April day in the morning.*


*Harriet Prescott Spofford*

# CLASS DESCRIPTIONS

## INTENSITY LEVELS



 **Arthritis Class** : A gentle series of movements for those with arthritis pain and limited movement.

 **Deep Water Hydrobics**: Aerobic workout in the deep pool using water weights, noodles, and your own body momentum. Limit of 12 participants per class.


**Hydrobics**: Build strong heart and lungs, tone muscles, and increase flexibility in this shallow water aerobics class.

**Line Dancing**: Learn choreographed dance routines step by step.

**Low Impact Total Body**: Cardio segments using weights, bands, physio-balls and the body's own resistance.

**YMCA Gold Cardio Circuit** : A seated or standing class for seniors of all fitness levels. Focus is on cardiovascular health, muscular strength, balance, coordination and conditioning using weights, elastic tubing, and ball. This class has more cardio intervals.

**YMCA Gold** : A seated or standing class for seniors of all fitness levels. Focus is on cardiovascular health, muscular strength, balance, coordination and conditioning using weights, elastic tubing, and ball.

 **Aqua Tabata**: A high intensity interval training with the properties of water. Periods of high intensity exercise are followed by short periods of rest.