



ATHENS YMCA YMCA GOLD & HYDROBICS AUGUST 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

THURSDAY

8:00am **Deep Water Hydrobics**-Vivian

TUESDAY

8:00am **Deep Water Hydrobics**-Heather
10:00am **YMCA Gold**-Kim

FRIDAY

8:00am **Deep Water Hydrobics**-Jessica
9:00am **Hydrobics**-Jessica
10:00am **Arthritis Water Class**-Jessica
10:00am **YMCA Gold Cardio Circuit**-Kim

WEDNESDAY

8:00am **Deep Water Hydrobics**-Chip
9:00am **Hydrobics**-Chip
10:00am **Arthritis Water Class**-Chip
10:00am **YMCA Gold**-Elyse

SATURDAY

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

Important Notes:

- Stop in to visit April Dorsett, RN on Tues or Wed for BP check or wellness consult

**JOIN
YOUR FRIENDS
AT THE Y**



CLASS DESCRIPTIONS

INTENSITY LEVELS

 Low

 Low/Medium



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.

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.

Zumba® Gold : Hypnotic Latin rhythms and easy to follow moves designed for active older adults.