



# ATHENS YMCA YMCA GOLD & HYDROBICS DECEMBER 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-Heather**  
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**

## 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 consult

## No Hydrobic Fitness Classes:

**Dec 23, 26 and 30**

**YMCA will be closed on Dec 24, 25 & 31.**

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

**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.

**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.