



ATHENS YMCA YMCA GOLD & HYDROBICS JANUARY 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

THURSDAY

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

TUESDAY

8:00am **Deep Water Hydrobics**-Sandi
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
11:00am ***Low Impact Total Body**-Cindy/Heather

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

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

YMCA will be closed on January 1 for New Years Day.

Low Impact Total Body is located downstairs in the Aerobic Room

**JOIN
YOUR FRIENDS
AT THE Y**



Happy New Year!

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.