



ATHENS YMCA YMCA GOLD & HYDROBICS OCTOBER 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**

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**
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 **Tai Chi-Julie (Youth Room)**
11:00am ***Low Impact Total Body-Cindy**

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**



**Tai Chi is Sept 20-Nov 8 in
the Youth Room**

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

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.