

ATHENS YMCA YMCA GOLD & HYDROBICS APRIL GROUP EXERCISE SCHEDULE 2019

ONDAY

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

HURSDAY

8:00am Deep Water Hydrobics—Vivian

9:00am **Agua Tabata**—Sandi

10:00am Line Dancing—Kim (Youth Room)

12:30 pm Yin Yoqa—Nicole (90 min.)

UESDAY

8:00am **Deep Water Hydrobics**—Tiffanie

9:00am Aqua Tabata—Tiffanie

10:00am YMCA Gold—Kim

12:30 pm Yin Yoga—Heather F. (90 min.)

RIDAY

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—Heather

WEDNESDAY

8:00am **Deep Water Hydrobics**—Chip

9:00am **Hydrobics**—Chip

10:00am Arthritis Water Class—Chip

10:00am YMCA Gold—Heather

11:00am *Low Impact Total Body—Cindy

11:00am Tai Chi—Julie (Youth Room)*2/6—5/1

TURDAY

8:00am Deep Water Hydrobics—Jessica J

Low Impact Total Body is located downstairs in the Aerobic Room



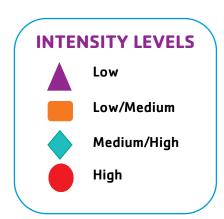
- Stop in to visit April Dorsett, RN on Tues or Wed for BP check or wellness consultation. Fall/Winter hours are subject to change.
- Aqua Tabata is a high intensity aerobic workout located in the shallow end of the pool.
- Tai Chi is from February 6 to May 1. There will NOT be classes on February 20 and April 17.

CLASS DESCRIPTIONS



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

Yin Yoga: A relaxing mat class for all levels. Yin Yoga targets the connective tissues for an extended period of time allowing the release of deep tension and stress.





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