



ATHENS YMCA

YMCA GOLD & HYDROBICS

MARCH GROUP EXERCISE SCHEDULE 2019

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
9:00am **Aqua Tabata**—Sandi
10:00am **Line Dancing**—Kim (Youth Room)
12:30 pm **Yin Yoga**—Nicole (90 min.)

TUESDAY

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.)

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**—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

SATURDAY

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

INTENSITY LEVELS



 **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