



ATHENS YMCA YMCA GOLD & HYDROBICS MARCH GROUP EXERCISE SCHEDULE 2020

MONDAY

8:00am* **Deep Water Hydrobics**—Heather
9:00am **Hydrobics**—Chip
10:00am **Arthritis Water Class**—Chip
10:00am **YMCA Gold**—Heather
11:00am ***Low Impact Total Body**—Heather

TUESDAY

8:00am* **Deep Water Hydrobics**—Tiffanie
9:00am **Aqua Tabata**—Tiffanie
11:30pm **Balance and Stretch**—Vivian
12:30 pm **Yin Yoga**—Nicole (90 min.)

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**—Tiffanie

THURSDAY

8:00am* **Deep Water Hydrobics**—Vivian
9:00am **Aqua Tabata**—Sandi
9:00am **Balance and Stretch**—Vivian
10:00am **Line Dancing**—Tonya
12:30 pm **Yin Yoga**—Nicole (90 min.)

FRIDAY

8:00am* **Deep Water Hydrobics**—Jessica
9:00am **Hydrobics**—Jessica
10:00am **Arthritis Water Class**—Jessica
10:00am **YMCA Gold Cardio**—Tiffanie
11:00am ***Low Impact Total Body**—Heather

SATURDAY

8:00am* **Deep Water Hydrobics**—Jessica J

- **Low Impact Total Body is located downstairs in the Aerobic Room**
- ***For the safety of all, the 8am deep Water Hydrobics classes are limited to 12 participants.**
- **Aqua Tabata is a high intensity aerobic workout located in the shallow end of the pool.**
- Stop in to visit April Dorsett, RN on Tues or Wed for blood pressure check or wellness consultation.

“THE SECRET OF GETTING AHEAD IS GETTING STARTED.” — MARK TWAIN

CLASS DESCRIPTIONS

INTENSITY LEVELS



Low



Low/Medium



Medium/High



High



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

Balance and Stretch: Learn different techniques to gain balance. This class incorporates stretching to improve range of motion

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 of rest.