

ATHENS YMCA YMCA GOLD & HYDROBICS MAY GROUP EXERCISE SCHEDULE 2019

MONDAY	8:00am 9:00am 10:00am 10:00am 11:00am	Deep Water Hydrobics—Heather Hydrobics—Chip Arthritis Water Class—Chip YMCA Gold—Heather *Low Impact Total Body—Heather	THURSDAY	8:00am 9:00am 10:00am 12:30 pm	Deep Water Hydrobics—Vivian Aqua Tabata—Sandi Line Dancing—Kim (Youth Room) Yin Yoga—Nicole (90 min.)
TUESDAY		Deep Water Hydrobics—Tiffanie Aqua Tabata—Tiffanie YMCA Gold—Kim Yin Yoga—Heather F. (90 min.)	FRIDAY	10:00am 10:00am	Deep Water Hydrobics—Jessica Hydrobics—Jessica Arthritis Water Class—Jessica YMCA Gold Cardio Circuit—Kim *Low Impact Total Body—Heather
WEDNESDAY	8:00am 9:00am 10:00am 10:00am 11:00am	YMCA Gold—Heather	SATURDAY	8:00am	Deep Water Hydrobics—J essica J

Low Impact Total Body is located downstairs in the Aerobic Room

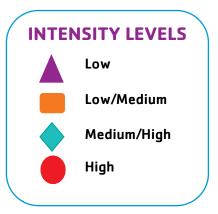
- Stop in to visit April Dorsett, RN on Tues or Wed for blood pressure check or wellness consultation.
- Aqua Tabata is a **high intensity** aerobic workout located in the shallow end of the pool.

"The only person you are destined to become is the person you decide to be."

Ralph Waldo Emerson

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