



# ATHENS YMCA YMCA GOLD & HYDROBICS NOVEMBER 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  
11:00am **\*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**—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 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**—Tiffanie

## SATURDAY

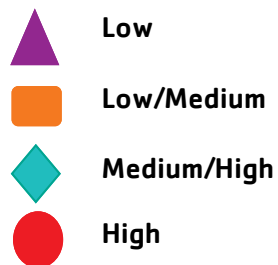
8:00am\* **Deep Water Hydrobics**—Jessica J


- **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.




# 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 of rest.