



ATHENS YMCA

YMCA GOLD & HYDROBICS

MAY GROUP EXERCISE SCHEDULE

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

TUESDAY

8:00am Deep Water Hydrobics-Sandi
9:00am Aqua Tabata—Sandi
10:00am YMCA Gold-Kim

WEDNESDAY

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

THURSDAY

8:00am Deep Water Hydrobics-Vivian
10:00am Line Dancing-Kim (Youth Room)

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-Cindy/Heather

SATURDAY

8:00am Deep Water Hydrobics-Jessica J



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

Low Impact Total Body is located downstairs in the Aerobic Room

"However difficult life may seem, there is always something you can do and succeed at."

Stephen Hawking

CLASS DESCRIPTIONS



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

INTENSITY LEVELS



Low



Low/Medium



Medium/High



High



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.