

ATHENS YMCA YMCA GOLD & HYDROBICS MAY GROUP EXERCISE SCHEDULE

ONDA

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

HURSDA

8:00am **Deep Water Hydrobics-**Vivian

10:00am Line Dancing-Kim (Youth Room)

UESDA

8:00am **Deep Water Hydrobics-**Sandi

9:00am Aqua Tabata—Sandi 10:00am YMCA Gold-Kim RIDAY

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

/EDNESDA

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

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

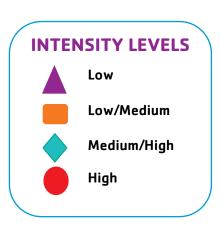
"However difficult life may seem, there is always something you can do and succeed at."

Stephen Hawking

CLASS DESCRIPTIONS



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





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.