



Group Fitness Class Schedule

YMCA OF SAN ANGELO

Classes marked with an * will take place in gym 3

| TIME | MON | TUES | WED | THURS | FRI | SAT |
|---------|-----------------|------------------|-----------------|----------------|-----------------|------------|
| 5:30am | Flow & Form | | Flow & Form | | | |
| 7:00am | | | Cycling | | | |
| 8:00am | | h2O Aerobics | | h2O S Sneakers | | |
| 8:15am | | | | | *Zumba (90min) | |
| 8:30am | | Zumba Gold | | | | |
| 9:00am | *Zumba | *Zumba | *STRONG | | | PiYO Live |
| 9:30am | | Iyengar Yoga | | Toning | Multilevel Yoga | |
| 10:00am | Silver Sneakers | | Silver Sneakers | | | Aqua Zumba |
| 10:30am | | h2O Aerobics | | h2O Aerobics | | |
| 11:00am | Zumba Gold | | Zumba Gold | | | |
| 12:00pm | | *Lunch PiYO Live | | | | |
| 5:00pm | | | | American Barre | | |
| 5:30pm | American Barre | | | | | |
| 5:40pm | h2O Aerobics | Aqua Fitness | h2O Aerobics | Aqua Fitness | | |
| 6:00pm | | P90X | | P90X | | |
| 6:30pm | Toning | | *Zumba | | *Zumba | |

Limited lap lanes will be available during all water classes.



Group Fitness Class Descriptions

YMCA OF SAN ANGELO

American Barre Technique

Sculpt, define and transform with a ballet-inspired class that fuses ballet, aerobics and yoga!

Cycling

Come join us for 1 hour for an early morning ride on our stationary bikes.

Free & Form Yoga

Bringing a sense of laughter and adventure into your morning as we embrace the flow and form of our body and breath in this divine experience.

50+ Iyengar Yoga

Designed to take you deeper into the poses, with the use of props & proper alignment. Great for beginners & advanced practitioners.

Multi-Level Yoga

A Yoga class that everyone can relate to individually, taking home new methods and inspiration off-the-mat from various yoga techniques. By doing so, students improve overall wellness and experiences of life.

PiYo Live

Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. Improve your flexibility, balance, and core power with this intense, low-impact workout that will burn crazy calories and sculpt every inch of your body for a long, lean, beautiful physique.

Lunch Break PiYo

(30 - 45 min. class) In our Lunch Break PiYo class, we crank up the speed to deliver a true fat-burning, low-impact workout on your lunch break and leave looking long, lean, and incredibly defined.

P90X

If you want to get in the best shape of your life, P90X uses the science of Muscle Confusion™ to constantly challenge your body with new moves and routines.

Silver Sneakers I

Muscular strength & range of movement- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity of daily living skills.

STRONG by Zumba

Combines high intensity interval training (HITT) with science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

Toning

This class utilizes strength training exercises with aiming in developing a physique with a large emphasis on strength and muscle toning. With the use of light weights (1lb.-3lb.) this class will give your body a noticeable muscle definition and shape.

Zumba

Dance your way to a fitter you with exciting and unique Latin moves and rhythms!

Zumba Gold

This dance fitness class has all the same energizing music as Zumba®, but set to a low- or no-impact routines designed to be easy-to-follow and fun!

Aqua Zumba

Water class with less impact so you can really let loose. With water's natural resistance every step is more challenging and will help tone your muscles.

Water Aerobics

Low-impact performed in the water to induce strength and muscle gains. With added equipment like paddles, noodles, and kickboards. Ideal class for those with arthritis, back problems, foot or leg injuries, and knee conditions will benefit from the reduced impact this class has to offer.

Aqua Fitness

A combo workout for body and spirit. Simple, yet effective choreography is designed to develop endurance, agility, coordination, speed, power and strength. High-low interval cycles will challenge even the elite athlete.