



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
5:45am						
6:45am			Cycling			
8:00am		h2O Aerobics		h2O S Sneakers		
8:15am					*Zumba	
8:30am	Balance & Strength	Zumba Gold			Balance & Strength	
9:00am	*Zumba	*Zumba	*STRONG			PiYO Live
9:30am		Balletates		Toning	Multilevel Yoga	
10:00am	Silver Sneakers		Silver Sneakers			Aqua Zumba
10:30am		h2O Aerobics		h2O Aerobics		
11:00am	Zumba Gold		Zumba Gold/H2O Yoga		h2O Yoga	
12:00pm						
5:00pm						
5:30pm	Build N' Burn	PiYO Live		Stability Ball		
5:40pm	h2O Aerobics		h2O Aerobics			
6:00pm						
6:30pm	Toning		STRONG		*Zumba	
7:00pm						

Limited lap lanes will be available during all water classes.



Group Fitness Class Descriptions

YMCA OF SAN ANGELO

remind Stay up to date with schedule changes and more by signing up for our information by text. Text @ymcame to 81010

Build N' Burn

This class offers an intense workout, combining total body strength training with weights and cardio sets.

Balance and Strength

In this 30 minute class you will be performing coordinated actions to help develop and maintain equilibrium by strengthening your muscles with various resistance exercises and techniques.

Balletates

Full body, no impact combo class with emphasis on strength, flexibility, balance, and cardio.

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.

Cycling

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

Stability Ball Training

A total body, functional conditioning method designed to improve strength, balance, body awareness and coordination using a big round ball.

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.

H2O Yoga

Aqua Yoga helps to relieve symptoms of neuropathy associated with diabetes mobility, arthritis, and gout.