



GET FIT TOGETHER

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		CYCLING 6:45am - 7:45am				
BALANCE & STRENGTH 8:30am - 9:00am	H2O AEROBICS 8:00 am - 9:00 am	STRONG 9:00am - 10:00am Gym 3	H2O SILVER SNEAKERS 8:00am - 9:00am	ZUMBA 8:15am - 9:30am Gym 3		
ZUMBA 9:00am - 10:00am Gym 3	ZUMBA GOLD 8:30 am - 9:30 am	SILVER SNEAKERS 10:00am - 11:00am	INSTRUCTORS CHOICE 9:30am - 10:30am	BALANCE & STRENGTH 8:30am - 9:00am	AQUA ZUMBA 10:00am - 11:00pm	
SILVER SNEAKERS 10:00am - 11:00am	ZUMBA 9:00am - 10:00am Gym 3	ZUMBA GOLD 11:00am - 12:00pm	H2O AEROBICS 10:30am - 11:30am	MULTILEVEL YOGA 9:30am - 10:30am	PiYO Live 9:00am - 10:00am	
ZUMBA GOLD 11:00am - 12:00am	BALLETATES 9:30am - 10:30am	H2O YOGA 11:00am - 12:00pm		H2O YOGA 11:00am - 12:00pm		
BUILD N' BURN 5:30pm - 6:30pm	PiYO Live 5:30pm - 6:30pm	CYCLING 5:30pm - 6:30pm	AMERICAN BARRE 5:30pm - 6:30pm			
H2O AEROBICS 5:40pm - 6:40pm	TABATA 6:30pm - 7:30pm	H2O AEROBICS 5:40pm - 6:40pm	TABATA 6:30pm - 7:30pm	ZUMBA 6:30pm - 7:30pm		
TONING 6:30pm - 7:30pm		STRONG 6:30pm - 7:30pm				

THINGS YOU NEED TO KNOW!

- Limited lap lanes will be available during all water classes and are available at a first come, first serve basis.
- Classes are subject to change with little to no notice. Stay up to date with schedule changes and more by signing up for information by text. Text @ymcame to 81010.

GROUP FITNESS POLICIES

- Members age 13+ may participate in all group exercise classes.
- Members age 8 - 12 may participate in classes only with instructor approval and if they are accompanied by an adult (18+) who is participating in the class.
- T-shirts, shorts, sweat pants, tights, leotards, socks and closed-toe athletic shoes are acceptable.
- No street clothes - including jeans, sandals or swimsuits are allowed in floor exercise classes.
- Water fitness class participants must wear lined swim trunks or swim suits. Cotton clothing is not allowed.

RESPECT EACH OTHER, BUILD RELATIONSHIPS AND IMPROVE YOUR HEALTH WHILE HAVING FUN!



MEET OUR TEAM



Amber Christensen
Group Fitness Coordinator



Aaron Byrd
Aquatics Director



Kathrine Lopez
Head Lifeguard

325-655-9106
www.ymcasanangelo.org



Group Fitness Class Descriptions

American Barre: Barre class is a workout technique inspired by elements of ballet, yoga, and Pilates, that focuses on low-impact, high intensity movements designed to strengthen and tone your body in ways that few other workouts can.

Build N Burn: This class offers an intense workout, combining total body strength training with weights and cardio.

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 class that everyone can relate to individually, taking home new methods and inspiration off the mat from various yoga techniques. 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 and beautiful physique.

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

Instructor's Choice: This class will vary week to week. It could be a full hour of Toning or a combination of Strong and Zumba. You are at the mercy of your instructor.

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.

Tabata: Tabata is a high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds.

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 (1lbs - 3lbs.) 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 offering low impact, allowing you to let loose. The water's natural resistance provides a challenge that will help to tone 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.