



# San Angelo YMCA Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00 AM Cycling			
	8:00 AM MAX	8:00 AM H2O Aerobics POOL	8:00 AM H2O Silver Sneakers POOL		
8:30 AM Silver Sneakers		8:30 AM Silver Sneakers	8:00 AM MAX	8:30 AM Zumba GYM 3	
9:00 AM Zumba GYM 3	9:00 AM Toning GYM 3	9:00 AM Strong Nation GYM 3	9:00 AM Toning GYM 3	9:00 AM Toning & Cardio Water Class	
9:00 AM H2O Aerobics POOL	9:00 AM H2O Aerobics POOL			9:30 AM Gentle Yoga	9:00 AM Toning & Cardio Water Class
11:00 AM H2O Aerobics POOL				10:30 AM Chair Yoga	
12:00 PM Lunch Crunch	12:00 PM HIIT	12:00 PM Lunch Crunch	11:00 AM H2O Aerobics POOL	11:00 AM H2O Aerobics POOL	
			12:00 PM HIIT	12:00 PM Lunch Crunch	
5:30 PM Build N' Burn		5:30 PM Tone and Sculpt 45	5:30 PM Every Minute COUNTS 35 Min Class		
	6:00 PM TOTAL BODY POWER				
	6:30 PM Aqua Zumba POOL		6:05 PM De-Stress 30 Min Class		
			6:45 PM Zumba		

## GROUP FITNESS POLICIES

### Child Watch

Hours of Operation

Monday - Friday

8am - 1pm

5pm - 8pm

Saturday

9am - 1pm

- Members, age 13+ may participate in all group exercise classes.
- Members aged 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, sweatpants, 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 swimsuits. Cotton clothing is not allowed.

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 @saymca4 to 81010.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## GROUP FITNESS CLASS DESCRIPTIONS

### **Build N Burn:**

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

### **Chair Yoga:**

This chair yoga practice is focused and fun. We will enjoy stretching, strength, and movement for muscles that need some assistance.

### **Cycling:**

Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.

### **De-Stress:**

designed to adjust and enhance your flexibility. This class pushes your flexibility to improve and adapt to daily activities. Stretching can be overlooked, so make sure to bring join us for this 30-minute class to help you get flexible. After all, stretching is part of working out.

### **Every Minute Counts:**

This is a 30-minute Tabata-style class that incorporates weights and cardio to help you build strength and tone your body! In this class, we utilize the highly effective Tabata protocol of 20 seconds of work followed by 10 seconds of rest, as well as the 40/30/20 stack on workouts to challenge your muscles and cardiovascular system.

### **Gentle Yoga:**

Full-body yoga session on the mat, incorporating props like blocks and bolsters. This class focuses on deep stretching, enhancing flexibility, and improving balance. Get ready to feel refreshed, centered, and uplifted.

### **HIIT:**

High-intensity interval training takes your cardio workout to another level. This class will get you a full-body workout in 30-mins.

### **Lunch Crunch:**

A half-hour, high-intensity class designed for those who are on the go.

## Water Aerobic Classes

### **H2O Aerobics:**

Low impact is 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 offers.

### **Water Class (High Energy and Toning & Cardio):**

A low-impact but high-intensity water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone, and cardiovascular endurance while using the resistance of the water to cushion the feet, knees, and back.

### **Aqua Zumba®:**

Dive into a low-impact, high-energy aquatic workout perfect for those seeking a refreshing addition to their fitness regimen. Aqua Zumba® combines the exhilarating Zumba® approach with water resistance, creating an unmissable pool party experience!

### **Max:**

Looking for a workout that pushes your limits and delivers results? This energizing class blends low-intensity cardio with powerful bursts of high-intensity cardio and strength training. Designed to rapidly enhance your VO2Max and maximize calorie burn, you'll also benefit from an extended afterburn effect, keeping your metabolism elevated for hours post-workout. The dynamic combination of anaerobic and aerobic intervals ensures you'll feel stronger, more energized, and ready to conquer the day.

### **Silver Sneakers®:**

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 Nation™:**

Combines high-intensity interval training (HIIT) with the 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.

### **Tone and sculpt 45:**

designed for all fitness levels and focuses on defining and activating deconditioned muscle groups using a variety of modalities while limiting impact to joints, all within 45 minutes.

### **Toning:**

This class utilizes strength training exercises aiming at 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.

### **Total Body Power:**

Full body workout with strength & cardio intervals.

### **Zumba®:**

Dance your way to a fitter you with exciting and unique Latin moves and rhythms from across the world!