



Cain Center YMCA GROUP EXERCISE SCHEDULE

Effective October 14, 2024

These classes are FREE with a YMCA membership!



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00 am	Water Circuit	aquaCOMBAT	Water Circuit	aquaCOMBAT	Water Circuit	
9:00-10:00 am	WATER AEROBICS	SilverSneakers Circuit	WATER AEROBICS	SilverSneakers Circuit	WATER AEROBICS	aquaCOMBAT ZUMBA
10:00-11:00 am	SilverSneakers Classic	Fitness Flow	SilverSneakers Classic	Fitness Flow	SilverSneakers Classic	
12:15-12:45 pm		Tread N Shred		Tread N Shred		
5:30-6:30 pm	aquaCOMBAT		aquaCOMBAT			
6:00-7:00 pm	Wellness Flow Yoga		Calm & Centered Yoga			
6:30-7:30 pm		ZUMBA		ZUMBA		

New Class added!

Aqua Combat has been added in the evenings

Water Circuit and Water Aerobics classes will be turned into a land class during a pool closure.

*All classes labeled for 60 minutes will run for 50 minutes to allow a transition time

We are looking for Certified Instructors to teach in the evenings!

Cain Center YMCA

214 Loyola Drive
Athens, TX 75751
P 903.677.4430
www.caincenterymca.org

Hours of Operation

Mon - Thu 5:30AM-9:00PM
Fri 5:30AM-8:00PM
Saturday 8:00AM-7:00PM

Child Watch Hours

Mon - Fri 8AM - 12:45PM
Monday - Thursday 5- 8PM

See class descriptions on the back →

GROUP/AQUA EXERCISE CLASS DESCRIPTIONS (classes are FREE for members!!!)

Aqua Combat: A high intensity workout, using MMA & kickboxing moves, suitable for all ages and fitness levels. **Located in the Pool**

Calm & Centered Yoga - Bring some balance to your week with a relaxing, stress reducing yoga class that will reenergize you for the rest of the week. **Located in the Multi Sports Room**

Fitness Flow: This is a 75 minute class offers physical and cognitive exercises specifically tailored to target specific deficits such as rigidity, hand dexterity, Akinesia, Bradykinesia, postural stability, balance, and gait. **Located in the Meeting Room**

Silver Sneakers Circuit: Designed to alternate low impact cardio with strength building: utilizing dumbbells, resistance bands, and Pilates balls. It is planned out to accommodate all skill levels with the intention of progressing the participants ability to perform longer and lift heavier. We work through the entire body without ever getting on the floor. **Located in the Meeting Room**

Silver Sneaker Classic: This class is designed to give you a full body workout either standing or seated. It uses light dumbbells, resistance bands, and Pilates balls to work your muscles and coordination. **Located in the Meeting Room (Subject to be moved)**

Tread N Shred: Take 30 minutes out of your day to hit it hard with weights and cardio. This is a HIIT class using the treadmills for cardio and dumbbells/bodyweight or strength. **Located in the Weight Room**

Water Aerobics: A cardio and strength water fitness class. Utilizing water dumbbells, noodles, and kickboards to build the strength while taking advantage of the water buoyancy for less impact on the joints. Some suspension work will occur. **Located in the Pool**

Water Circuit: A high intensity water class that will utilize equipment to increase the intensity of the exercise. Adapting to suspended movements to increase the engagement of the core for additional balance/core work. **Located in the Pool**

Wellness Flow Yoga- Begin your week by working on your core, using multiple different poses that will challenge your balance. **Located in the Multi Sports Room**

Zumba: A Latin inspired dance cardio fitness with rhythms from all around the world. Low and high intensity options are available. **Located in the Multi Sports Room**