



Cain Center YMCA GROUP EXERCISE SCHEDULE

February 24, 2025

POOL WILL BE CLOSED FEBRUARY 21– MARCH 3

	Monday– 17	Tuesday– 18	Wednesday– 19	Thursday– 20	Friday– 21	Saturday– 22
8:00-8:50 am	ZUMBA® Gold		ZUMBA® Gold		ZUMBA® Gold	
9:00-9:50 am	Seated Fish Out Of Water	Senior Circuit	Seated Fish Out Of Water	Senior Circuit	Seated Fish Out Of Water	
10:00-10:50 am	Silver Sneakers Classic	Fitness Flow	Silver Sneakers Classic	Fitness Flow	Silver Sneakers Classic	
12:15-12:45 pm	Runs & Guns 	Tread N Shred	All About The Core 	Tread N Shred	Cardio Blast 	
5:30-6:20pm Group Ex Studio	Sweat & Sculpt 			Sweat & Sculpt 		
5:30-6:20pm MultiSports Room		MultiSports Room Reserved for Megalodon Practice		MultiSports Room Reserved for Megalodon Practice		
6:00-6:50pm Group Ex Studio	Wellness Flow Yoga 		Calm & Centered Yoga 			
6:30-7:20 pm MultiSports		ZUMBA®		ZUMBA®		
6:30-8:00 pm Group EX Studio		*Karate		*Karate		

*Karate class is a fee based class. Please register at the front desk.

*Multi Sport Room is reserved for the Megalodon Swim Team on Tuesday and Thursday from 5:30-6:20 for land practice. Inquire at the front desk if you would like more information on our Swim Team.

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

Hours of Operation
Mon - Thu 6:00AM-9:00PM
Fri 6:00AM-8:00PM
Saturday 8:00AM-7:00PM

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

The Y now offers 24/7 access for ages 18+, please enroll today at the Membership Services Desk for free.

See class descriptions on the back

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

All About The Core: Half hour of core work to strengthen your midsection. **Located in the Group Exercise Studio**

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 Group Exercise Studio**

Cardio Blast: HIIT class that will take 30 minutes of your day to get your heart rate raised by doing plyometric exercises to push your whole body. **Located in the Group Exercise Studio**

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 Group Exercise Studio**

Buns & Guns: 30 minute class that will focus on all things legs and arms to build your strength in a short amount of time. **Located in the Group Exercise Studio**

Senior 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 Group Exercise Studio**

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 Group Exercise Studio**

Sweat & Sculpt: This class will be a dynamic total body workout combining cardio movement and a mixture of strength, balance, and core exercises to improve heart health and sculpt the upper and lower body. **Located in the Group Exercise Studio**

Tread N Shred: Take 30 minutes out of your day to hit it hard on the treadmill or Elliptical by varying speed and incline to increase your stamina. **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 Group Exercise Studio**

Zumba: A Latin inspired dance cardio fitness with rhythms from all around the world. **Located in the Multi Sports Room**

Zumba Gold: A Latin inspired dance cardio fitness with rhythms from all around the world. Low and high intensity options are available to allow all levels the opportunity to work on their coordination. **This is a Temporary Class while the pool is closed. Located in the Group Exercise Studio**

Seated Fish Out OF Water: This is a temporary class to offer a seated class that will work on cardio and strength while staying completely seated. Low to No impact on the joints is the goal. **Located in the Group Exercise Studio**