|  |
| --- |
| Ymca Logo PNG Vector |
| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY**CORSICANA YMCA AEROBICS ROOM SCHEDULE****EFFECTIVE STARTING January 29, 2025** |
| 7:45-8:00AM |  | **POUND**Lanette |  | **POUND**Lanette |  |
| 8:00-9:00AM | **YOGA**Malinda |  | **YOGA**Malinda |  | **YOGA**Malinda |
| 8:30-9:30AM |  | **STEP**Laura H |  | **STEP**Laura H |  |
| 10:15-11:00AM | **GOLDEN & FIT** Mary | **GOLDEN & FIT** Joy | **GOLDEN & FIT** Mary | **GOLDEN & FIT**Joy  | **GOLDEN & FIT** Mary |
| 12:00-12:40PM | **AFC** Joe |  | **AFC** Joe |  |  |
| 5:15-6:00PM | **PILATES** **MAT** Yuliana | **EXTEND PILATES** Callee | **PILATES MAT**Yuliana | **EXTEND BARRE** Callee |  |
| 6:00-6:45PM | **ZUMBA**  Laura O | **ZUMBA**  Laura O | **YOGA SENSITIVO**Yuliana | **ZUMBA** Laura O |  |
| 7:00-8:00PM | **YOGA SENSITIVO**Yuliana | \*SHOTOKAN KARATEDO | **POWERPUMP** Alley | \*SHOTOKAN KARATEDO |  |
| CLASS DESCRIPTION |
| **YOGA**: Revitalize your body and mind by using stretching and breathing exercises.**POUND**: Workout your entire body with high intensity choreographed drumming with weighted Ripstix.**GOLDEN & FIT**: Designed for senior or low mobility members using chairs and low impact exercises.**STEP**: Choreographed aerobics moving around and stepping on a low step bench.**ZUMBA**: Cardio dance class that grooves to Latin inspired music.**POWERPUMP**: Complete body workout with both hand weights and bar.**EXTEND**: Cardio class that combines Pilates and barre techniques for a unique and challenging experience.**BOOTCAMP**: High intensity stations with various equipment and body weight training.**Athletic Fitness Club**: Set and meet your own fitness goals in an encouraging cardio/strength building class **PILATES MAT:** Using only a mat, this class improves posture, strength, and alleviates stress with a bilingual instructor. **YOGA SENSITIVO**: Unique yoga experience with an inspiring bilingual instructor.  |

\*SHOTOKAN KARATEDO: Add-on karate program for ages 7 through adults taught by Ben Vinson. See front desk for details.