



Group Fitness Class Schedule

YMCA OF SAN ANGELO

Classes marked with an * will take place in gym 3

TIME	MON	TUES	WED	THURS	FRI	SAT
5:45am						
7:00am			Cycling			
8:00am		h2O Aerobics		h2O S Sneakers		
8:15am					*Zumba	
8:30am	Balance & Strength	Zumba Gold			Balance & Strength	
9:00am	*Zumba	*Zumba	*STRONG			PiYO Live
9:30am		Body Sculpting		Toning	Multilevel Yoga	
10:00am	Silver Sneakers		Silver Sneakers		h2O Yoga	Aqua Zumba
10:30am		h2O Aerobics		h2O Aerobics		
11:00am	Zumba Gold		Zumba Gold/H2O Yoga			
12:00pm						
5:00pm						
5:30pm	PiYO Live		Pilates	PiYO Live		
5:40pm	h2O Aerobics		h2O Aerobics			
6:00pm		Build N' Burn				
6:30pm	Toning		STRONG		*Zumba	
7:00pm		Cycling		Cycling		

Limited lap lanes will be available during all water classes.



Group Fitness Class Descriptions

YMCA OF SAN ANGELO



Build N' Burn

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

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.

Body Sculpting

A low impact class that combines muscle toning utilizing low weight along with Barre technique, core firming, strength building and flexibility of basic calisthenics, Pilates and yoga.

Multi-Level Yoga

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

Cycling

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

Pilates

Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

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.

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 (1lb.-3lb.) 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 with less impact so you can really let loose. With water's natural resistance every step is more challenging and will help tone your 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.

