



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET FIT TOGETHER

## GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>CYCLING</b> 6:00am - 7:00am Community Room 1			<b>VIRTUAL CLASSES</b> Classes in black are VIRTUAL only. These are available via Facebook Live! * Classes marked with an asterisk will occur in-house and virtually.	
<b>ZUMBA</b> 9:00am - 10:00am Gym 3	<b>H2O AEROBICS</b> 8:00 am - 9:00 am	<b>STRONG NATION</b> 9:00am - 10:00am Gym 3	<b>H2O SILVER SNEAKERS</b> 8:00am - 9:00am	<b>ZUMBA</b> 8:30am - 9:30am Gym 3		
<b>*SILVER SNEAKERS</b> 9:00am - 10:00am Community Room		<b>*SILVER SNEAKERS</b> 9:00am - 10:00am Community Room	<b>STRENGTH</b> 9:00am - 10:00am	<b>MULTILEVEL YOGA</b> 9:30am - 10:30am Community Room 1	<b>*PiYO Live</b> 9:00 am - 10:00am Community Room	
<b>BUILD N' BURN</b> 5:30pm - 6:15pm Community Room	<b>HIIT</b> 12:00pm - 12:30pm Gym 3	<b>TONING</b> 10:00am - 11:00am	<b>INSTRUCTOR'S CHOICE</b> 9:00am - 10:00am Gym 3		<b>AQUA ZUMBA</b> 10:00am - 11:00pm	
<b>ZUMBA</b> 6:30 pm - 7:30pm Community Room	<b>*PiYO Live</b> 5:30pm - 6:30pm Community Room	<b>TABATA</b> 12:00pm - 1:00pm	<b>HIIT</b> 12:00pm - 12:30pm Gym 3			
	<b>AQUA TABATA</b> 6:15 pm - 7:15pm	<b>STRONG NATION</b> 6:15pm - 7:00pm Community Room	<b>TABATA</b> 6:15pm - 7:15pm Community Room			

### GROUP FITNESS POLICIES

- Members age 13+ may participate in all group exercise classes.
- Members age 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, sweat pants, 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 swim suits. Cotton clothing is not allowed.

Classes are subject to change with little to know notice. Stay up to date with schedule changes and more by signing up for information by text.  
Text @saymca4 to 81010.

**RESPECT EACHOTHER, BUILD RELATIONSHIPS AND  
IMPROVE YOUR HEALTH WHILE HAVING FUN!**



### THINGS YOU NEED TO KNOW!

- Lap lanes will not be available during water classes.
- Participants must SOCIAL DISTANCE with at least 6 ft. between participants.
- Masks are NOT required when actively participating AND social distanced.
- Class sizes are limited due to social distancing requirements.
- Gloves are recommended when handling equipment.
- Participants must disinfect equipment before and after each use.
- Water equipment will not be available. Please bring your own.

### MEET OUR TEAM



**Amber Christensen**  
Group Fitness Coordinator



**Aaron Byrd**  
Aquatics Director

325-655-9106  
[www.ymcasanangelo.org](http://www.ymcasanangelo.org)



# Group Fitness Class Descriptions

**Build N Burn:** This class offers an intense workout, combining total body strength training with weights and cardio.

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

**Instructor's Choice:** This class will vary week to week. It could be a full hour of Toning or a combination of Strong Nation and Zumba. You are at the mercy of your instructor.

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

**Multi-Level Yoga:** A class that everyone can relate to individually, taking home new methods and inspiration off the mat from various yoga techniques. 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 and beautiful physique.

**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.

**Strength:** This class uses your body weight to help build endurance, agility and strengthen your core.

**STRONG Nation™:** 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.

**Tabata:** A high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds.

**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 (1lbs - 3lbs.) 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 noimpact routines designed to be easy-to-follow and fun!

**Aqua Zumba®:** Water class offering low impact, allowing you to let loose. The water's natural resistance provides a challenge that will help to tone muscles.

**Aqua Tabata:** HIIT movements that are adapted to water creating a workout that gives you resistance and cardio.

**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.