



GET FIT TOGETHER

GROUP FITNESS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
H2O Water Aerobics 8:00am - 9:00 am	PIYO (May 4th) 5:30am- 6:30am Community Room	Step Class (May 5th) 6:00am - 7:00am Community Room 1	H2O SILVER SNEAKERS 8:00am - 9:00am	ZUMBA 8:30am - 9:30am Gym 3	*PIYO Live 9:00 am - 10:00am Community Room	
ZUMBA 9:00am - 10:00am Gym 3	H2O AEROBICS 8:00 am - 9:00 am	H2O AEROBICS 8:00 am - 9:00 am	Toning 9:00am - 10:00am Gym 3	MULTILEVEL YOGA 9:30am - 10:30am Community Room	AQUA ZUMBA 10:00am - 11:00pm	
*SILVER SNEAKERS 9:00am - 10:00am Community Room	Toning (May 11th) 9:00am - 10:00am Gym 3	STRONG NATION 9:00am - 10:00am Gym 3	STRENGTH 9:00am - 10:00am			
Lunch Crunch 12:00pm - 12:30pm Gym 3	HIIT 12:00pm - 12:30pm Gym 3	*SILVER SNEAKERS 9:00am - 10:00am Community Room	HIIT 12:00pm - 12:30pm Gym 3	Lunch Crunch 12:00pm - 12:30pm Gym 3		
		TABATA 12:00pm - 1:00pm				
BUILD N' BURN 5:30pm - 6:15pm Community Room	AQUA TABATA 6:15 pm - 7:15pm	Lunch Crunch 12:00pm - 12:30pm Gym 3				
ZUMBA 6:30 pm - 7:30pm Community Room		H2O AEROBICS 6:15 pm- 7:15pm	TABATA 6:15pm - 7:15pm Community Room			
		STRONG NATION 6:15pm - 7:00pm Community Room				

Specialty Classes
These classes are NOT part of membership plans and must be paid for in advance.

VIRTUAL CLASSES
Classes in black are VIRTUAL only. These are available via Facebook Live!

* Classes marked with an asterisk will occur in-house and virtually.

- 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.

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!



MEET OUR TEAM



Amber Christensen
Group Fitness Coordinator



Aaron Byrd
Aquatics Director

325-655-9106
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.

Step: It is a class that makes cardio fitness fun by offering an aerobic workout that is boosted with choreography and group motivation. **Step classes** involve cardio conditioning on **step** benches and risers while performing choreographed routines to upbeat music.

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 you 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: Tabata is 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 no-impact routines designed to be easy-to-follow and fun!

Aqua Zumba®: Water class offering low impact, allowing you to let loose. The waters 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.