



San Angelo YMCA

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM H2O Aerobics POOL	8:00 AM H2O Aerobics POOL	8:00 AM H2O Aerobics POOL	8:00 AM H2O Silver Sneakers POOL	8:30 AM Zumba GYM 3	
8:30 AM Silver Sneakers	8:30 AM Chair Yoga	8:30 AM Silver Sneakers		8:30 AM Chair Yoga	
9:00 AM Zumba GYM 3	9:00 AM Toning GYM 3	9:00 AM Strong Nation GYM 3	9:00 AM Toning GYM 3	9:00 AM Toning & Cardio Water Class	9:00 AM Toning & Cardio Water Class
10:00 AM Gentle Yoga				9:30 AM Gentle Yoga	
10:00 AM H2O Aerobics POOL		10:00 AM H2O Aerobics POOL	10:00 AM H2O Aerobics POOL		
12:00 PM Lunch Crunch	12:00 PM Lunch Crunch	12:00 PM Lunch Crunch	12:00 PM Lunch Crunch	12:00 PM Lunch Crunch	
5:30 PM Build N' Burn		5:30 PM H2O Aerobics POOL	5:30 PM All Level Yoga		

GROUP FITNESS POLICIES

Child Watch

Hours of Operation

Monday - Friday

8am - 1pm

5pm - 8pm

Saturday

9am - 1pm

- Members, age 13+ may participate in all group exercise classes.
- Members aged 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, sweatpants, 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 swimsuits. Cotton clothing is not allowed.

Classes are subject to change with little to no notice. Stay up to date with schedule changes and more by signing up for information by text. Text @saymca4 to 81010.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GROUP FITNESS CLASS DESCRIPTIONS

Build N Burn:

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

Chair Yoga:

This chair yoga practice is focused and fun. We will enjoy stretching, strength, and movement for muscles that need some assistance.

Gentle Yoga:

Full-body yoga session on the mat, incorporating props like blocks and bolsters. This class focuses on deep stretching, enhancing flexibility, and improving balance. Get ready to feel refreshed, centered, and uplifted.

Lunch Crunch:

A half-hour, high-intensity class designed for those who are on the go.

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.

STRONG Nation™:

Combines high-intensity interval training (HITT) with the 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 aiming at developing a physique with a large emphasis on strength and muscle toning. With the use of light weights (11bs - 3lbs.), this class will give your body a noticeable muscle definition and shape.

Total Body Power:

Full body workout with strength & cardio intervals.

Zumba®:

A high-energy, dance-based workout that blends Latin and international rhythms with fun, easy-to-follow choreography. Designed for all fitness levels, this class combines cardio, muscle conditioning, balance, and flexibility into one exhilarating session.



Water Aerobic Classes

H2O Aerobics:

Low impact is 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 offers.

Water Class (High Energy and Toning & Cardio):

A low-impact but high-intensity water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone, and cardiovascular endurance while using the resistance of the water to cushion the feet, knees, and back.