



San Angelo YMCA

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00 AM Cycling			
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 Silver Sneakers		8:30 AM Silver Sneakers		8:30 AM Chair Mat 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	8:30 AM Zumba® GYM 3	9:00 AM Zumba®
				9:00 AM Toning & Cardio Water Class	9:00 AM Toning & Cardio Water Class
				9:30 AM All - Level Yoga	
10:30 AM H2O Aerobics POOL			10:30 AM H2O Aerobics POOL		
12:00 PM Lunch Crunch	12:00 PM HIIT	12:00 PM Lunch Crunch	12:00 PM HIIT	12:00 PM Lunch Crunch	
5:30 PM Build N' Burn	5:30 PM Oh, My Quad 30 min class		5:30 PM Every Minute COUNTS 35 Min Class		
			5:30 PM H2O Aerobics POOL		
	6:00 PM TOTAL BODY POWER	6:00 PM Tone and Sculpt 45	6:05 PM De-Stress 30 Min Class		
6:30 PM Zumba® Burst 30 Min Class			6:45 PM Zumba®		
7:00 PM Firm & Fabulous 30 Min Class					

CURLS FOR THE GIRLS

9:30 am - 10:30 am
October 14
Main Gym



DONT FORGET WRITE DOWN YOUR MILES AT THE WELCOME CENTER FOR THE Y WE WALK CLUB

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

All-Level Yoga:

This is an energetic class where movements are connected to each other in a flowing matter. You will be led through a variety of standing and seated poses, using the breath to flow with was from one pose to the next.

Build N Burn:

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

Chair/Mat Yoga:

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

Cycling:

Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.

De-Stress:

designed to adjust and enhance your flexibility. This class pushes your flexibility to improve and adapt to daily activities. Stretching can be overlooked, so make sure to bring join us for this 30-minute class to help you get flexible. After all, stretching is part of working out.

Every Minute Counts

This is a 30-minute Tabata-style class that incorporates weights and cardio to help you build strength and tone your body! In this class, we utilize the highly effective Tabata protocol of 20 seconds of work followed by 10 seconds of rest, as well as the 40/30/20 stack on workouts to challenge your muscles and cardiovascular system.

Firm & Fabulous:

Dynamic and energizing class is designed to target multiple muscle groups, with a particular focus on toning and strengthening your glutes and legs. Whether you're a beginner or an experienced fitness enthusiast, this class is suitable for all levels. Modifications and progressions will be provided, allowing you to customize the intensity and push yourself to new heights.

Heated Power Yoga:

Fast-paced cardiovascular workout focused on building strength and flexibility in the body. This class is held in a heated room.

HIIT:

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

Lunch Crunch:

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

Line Dancing - Contemporary and Country Music:

A choreographed dance class with a repeated sequence of steps in which a group of people dances in one or more lines or rows.

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.

Oh, My Quad:

A cardio-based workout that is tons of fun! Improve your cardiovascular and muscle endurance, coordination, and agility while stepping up and down using a rectangular platform.

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.

Tone and sculpt 45:

designed for all fitness levels and focuses on defining and activating deconditioned muscle groups using a variety of modalities while limiting impact to joints, all within 45 minutes.

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 (1lbs - 3lbs.), this class will give your body a noticeable muscle definition and shape.

Total Body Power:

Full body workout with strength & cardio intervals.

Y WE Walk Club:

The walking club is designed for the community to come together to achieve healthy living.

Yoga Stretch & Restore

Tight muscles can cause imbalance and pull the body out of alignment. This Yoga class is designed to release deep layers of tension stored in the physical and energetic body. This is a great class for All levels of students.

Zumba®:

Dance your way to a fitter you with exciting and unique Latin moves and rhythms from across the world!

Zumba® Burst:

A 30-minute workout combining high-intensity intervals incorporated with the Zumba® formula.