



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Aerobics Room Schedule

YMCA of Corsicana
Schedule effective starting
March 22, 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:45-8:30am		POUND Lanette		POUND Lanette	
8:00- 9:00am	Yoga Helen		Yoga Helen		Yoga Helen
8:30-9:30am		Step Laura		Step Laura	
10:15-11:00am	Golden&Fit	Golden&Fit Darlene	Golden&Fit	Golden&Fit Darlene	Golden&Fit
5:15-6:00pm	Bootcamp Joe		Bootcamp Joe	Yoga Afton	
6:00-6:45pm	Zumba Laura	Zumba Laura		Zumba Laura	
7:00-8:00pm		* Shotokan Karatedo	PowerPump Alley	* Shotokan Karatedo	

Class Descriptions

Yoga- Revitalize your body and mind by using stretching exercises

POUND- Workout your core and legs with this high intensity class using the power of drumsticks

Golden & Fit- uses a variety of exercises! A chair is used for seated and/or standing support.

Step- Utilizing the step will shape your entire body one step at a time

Zumba- A cardio-based class that uses the grooves and moves of Latin-inspired music to give you a good, fun workout

***Shotokan Karatedo**: An add-on karate program for ages 8-adult taught by Ben Vinson. See front desk for details.

PowerPump- Complete body cardio workout using barbell and weights.

BootCamp- Move station to station in high-intensity intervals that focus on functional movements that use your body weight or variety of equipment.