



CORSICANA YMCA AEROBICS ROOM SCHEDULE

EFFECTIVE STARTING September 30, 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:45-8:00AM		POUND Lanette		POUND Lanette	
8:00-9:00AM	YOGA Helen		YOGA Helen		YOGA Helen
8:30-9:30AM		STEP Laura H		STEP Laura H	
10:15-11:00AM	GOLDEN & FIT Mary	GOLDEN & FIT Joy	GOLDEN & FIT Mary	GOLDEN & FIT Joy	GOLDEN & FIT Mary
12:00-12:40PM	AFC Joe		AFC Joe		
5:15-6:00PM	PILATES MAT Yuliana	EXTEND Callee	PILATES MAT Yuliana	EXTEND Callee	
6:00-6:45PM	ZUMBA Laura O	ZUMBA Laura O	YOGA SENSITIVO Yuliana	ZUMBA Laura O	
7:00-8:00PM	YOGA SENSITIVO Yuliana	*SHOTOKAN KARATEDO	POWERPUMP Alley	*SHOTOKAN KARATEDO	

CLASS DESCRIPTION

YOGA: Revitalize your body and mind by using stretching and breathing exercises.

POUND: Workout your entire body with high intensity choreographed drumming with weighted Ripstix.

GOLDEN & FIT: Designed for senior or low mobility members using chairs and low impact exercises.

STEP: Choreographed aerobics moving around and stepping on a low step bench.

ZUMBA: Cardio dance class that grooves to Latin inspired music.

POWERPUMP: Complete body workout with both hand weights and bar.

EXTEND: Cardio class that combines Pilates and barre techniques for a unique and challenging experience.

BOOTCAMP: High intensity stations with various equipment and body weight training.

Athletic Fitness Club: Set and meet your own fitness goals in an encouraging cardio/strength building class

PILATES MAT: Using only a mat, this class improves posture, strength, and alleviates stress with a bilingual instructor.

YOGA SENSITIVO: Unique yoga experience with an inspiring bilingual instructor.

*SHOTOKAN KARATEDO: Add-on karate program for ages 7 through adults taught by Ben Vinson. See front desk for details.