

CORSICANA YMCA AEROBICS ROOM SCHEDULE

Effective June 29th, 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:45-8:30 AM		POUND Lanette		POUND Lanette	
8:00-9:00 AM	YOGA Malinda		YOGA Malinda		YOGA Malinda
8:30-9:30 AM		STEP AEROBICS Laura H		STEP AEROBICS Laura H	
9:00-10:00 AM	PARKINSON'S PLUS Caren Anthony				PARKINSON'S PLUS Caren Anthony
10:15-11:00 AM	SILVER SNEAKERS Rachel	SILVER SNEAKERS Joy	SILVER SNEAKERS Rachel	SILVER SNEAKERS Joy	SILVER SNEAKERS Mary
11:00-11:30 AM	SILVER SNEAKERS YOGA STRETCHING Rachel		SILVER SNEAKERS YOGA STRETCHING Rachel		
5:15-6:00 PM	YOGA Amber	EXTEND PILATES Callee		EXTEND BARRE Callee	YOGA Amber
6:00-6:50 PM		SHOTOKAN KARATE-DO ages 7-12 Ben		SHOTOKAN KARATE-DO ages 7-12 Ben	
6:00-7:00 PM	ZUMBA Laura O	ZUMBA Laura O		ZUMBA Laura O	
7:00-8:00 PM		SHOTOKAN KARATE-DO children/adults Ben		SHOTOKAN KARATE-DO children/adults Ben	POWERPUMP Alley

POUND: Full body, cardio-intensive workout that combines drumming using weighted Ripstix.

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

STEP AEROBICS: A fun, high-energy workout stepping up and down on an aerobic step to the rhythm of the music.

SILVER SNEAKERS: Designed towards seniors seeking a more moderate pace. Focuses on safe and effective exercises to improve general fitness.

EXTEND PILATES: A series of controlled movements on a mat, typically using only bodyweight (incorporates dumbbells, ankle weights, and bands).

EXTEND BARRE: Lower body workout using a ballet barre (incorporates dumbbells, ankle weights, and pilates ball).

ZUMBA: Energetic, dance-based fitness class that combines Latin and international rhythms with easy to follow choreography.

POWERPUMP: Resistance training using barbells, dumbbells, and bodyweight to build muscle, improve muscular endurance, and tone the body.

SILVER SNEAKERS: Designed for those managing Parkinson's Disease, MS, Traumatic Brain Injury, and stroke

***SHOTOKAN KARATE-DO:** ADD-ON karate program for ages 7-adult taught by Ben Vinson. SEE FRONT DESK FOR DETAILS.