



## CORSICANA YMCA AEROBICS ROOM SCHEDULE

EFFECTIVE STARTING August 5, 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:45-8:00AM		<b>POUND</b> Lanette		<b>POUND</b> Lanette	
8:00-9:00AM	<b>YOGA</b> Malinda		<b>YOGA</b> Malinda		<b>YOGA</b> Malinda
8:30-9:30AM		<b>STEP</b> Laura H		<b>STEP</b> Laura H	
10:15-11:00AM	<b>GOLDEN &amp; FIT</b> Mary	<b>GOLDEN &amp; FIT</b> Joy	<b>GOLDEN &amp; FIT</b> Mary	<b>GOLDEN &amp; FIT</b> Joy	<b>GOLDEN &amp; FIT</b> Mary
2:00-2:45PM					<b>PILATES MAT</b> Yuliana
3:00-3:45PM					<b>YOGA SENSITIVO</b> Yuliana
5:15-6:00PM	<b>PILATES MAT</b> Yuliana	<b>EXTEND</b> Callee	<b>PILATES MAT</b> Yuliana	<b>EXTEND</b> Callee	
6:00-6:45PM	<b>ZUMBA</b> Laura O	<b>ZUMBA</b> Laura O	<b>YOGA SENSITIVO</b> Yuliana	<b>ZUMBA</b> Laura O	
7:00-8:00PM	<b>YOGA SENSITIVO</b> Yuliana	<b>*SHOTOKAN KARATEDO</b>	<b>POWERPUMP</b> Alley	<b>*SHOTOKAN KARATEDO</b>	

### 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.