



CORSICANA YMCA AEROBICS ROOM SCHEDULE

EFFECTIVE August 25, 2025

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

CLASS DESCRIPTION

POUND: Workout your entire body with high intensity choreographed drumming with weighted Ripstix.
YOGA: Revitalize your body and mind by using stretching and breathing exercises.
STEP: Choreographed aerobics moving around and stepping on a low step bench.
GOLDEN & FIT: Designed for senior or low mobility members using chairs and low impact exercises.
EXTEND: Cardio class that combines Pilates and barre techniques for a unique and challenging experience.
PILATES MAT: Using only a mat, this class improves posture, strength, and alleviates stress with a bilingual instructor.
ZUMBA: Cardio dance class that grooves to Latin inspired music.
POWERPUMP: Complete body workout with both hand weights and bar.
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.