



## CORSICANA YMCA AEROBICS ROOM SCHEDULE

**EFFECTIVE October 31<sup>st</sup>, 2025**

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

### CLASS DESCRIPTION

**POUND:** Full body, cardio-intensive workout that combines drumming using weighted Ripstix with strength training, Pilates, and yoga-inspired movements.

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

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

**GOLDEN & FIT:** Designed toward seniors or beginners seeking a more moderate pace. Focuses on safe and effective exercises to improve general fitness.

**EXTEND PILATES:** Involves performing a series of controlled movements on a mat, typically using only body weight and sometimes dumbbells, ankle weights, and bands.

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

**POWERPUMP:** Full body resistance training workout using barbells, dumbbells, and bodyweight to build muscle, improve muscular endurance and tone the body.

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