

# CORSICANA YMCA AEROBICS ROOM SCHEDULE

Effective April 1st, 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:45-8:30 AM		<b>POUND</b> Lanette		<b>POUND</b> Lanette	
8:00-9:00 AM	<b>YOGA</b> Malinda		<b>YOGA</b> Malinda		<b>YOGA</b> Malinda
8:30-9:30 AM		<b>STEP AEROBICS</b> Laura H		<b>STEP AEROBICS</b> Laura H	
9:00-10:00 AM	<b>PARKINSON'S PLUS</b> Caren Anthony				<b>PARKINSON'S PLUS</b> Caren Anthony
10:15-11:00 AM	<b>SILVER SNEAKERS</b> Rachel	<b>SILVER SNEAKERS</b> Joy	<b>SILVER SNEAKERS</b> Rachel	<b>SILVER SNEAKERS</b> Joy	<b>SILVER SNEAKERS</b> Mary
4:15-5:00 PM	<b>KIDS RUNNING CLUB</b> Stephanie	<b>KIDS FITNESS CLASS</b> Stephanie			
5:15-6:00 PM	<b>YOGA</b> Amber	<b>EXTEND PILATES</b> Callee		<b>EXTEND BARRE</b> Callee	<b>YOGA</b> Amber
6:00-6:50 PM		<b>SHOTOKAN KARATE-DO</b> ages 7-12 Ben		<b>SHOTOKAN KARATE-DO</b> ages 7-12 Ben	
6:00-7:00 PM	<b>ZUMBA</b> Laura O	<b>ZUMBA</b> Laura O		<b>ZUMBA</b> Laura O	
7:00-8:00 PM		<b>SHOTOKAN KARATE-DO</b> children/adults Ben		<b>SHOTOKAN KARATE-DO</b> children/adults Ben	<b>POWERPUMP</b> 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.

**PARKINSON'S PLUS:** 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.