



Cain Center YMCA GROUP EXERCISE SCHEDULE

Effective April 29, 2024

These classes are FREE with a YMCA membership!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30—9:30 am	Water Circuit		Water Circuit		Water Circuit	
9:00-10:00 am		SilverSneakers Circuit		SilverSneakers Circuit		ZUMBA
9:30—10:30 am	WATER AEROBICS		WATER AEROBICS		WATER AEROBICS	
10—11 am						TAI-CHI
10:30—11:30 am	Splash		Splash		Splash	
12:15—12:45 pm		Tread N Shred		Tread N Shred		
6—7pm		ZUMBA		ZUMBA		
6:30—7:30 pm	Yoga		Yoga			

Cain Center YMCA
 915 S Palestine St.
 Athens, TX 75751 P
 903.677.4430
www.caincenterymca.org

Hours of Operation
 Mon - Fri 5:30AM-9:00PM
 Fri 5:30AM-8:00PM
 Saturday 8:00AM-7:00PM

Child Watch Hours
 Mon - Fri 9AM - 12PM
 Monday - Friday 5- 8PM

See class descriptions on the back →

GROUP/AQUA EXERCISE CLASS DESCRIPTIONS (classes are FREE for members!!!)

Silver Sneakers Circuit: Designed to alternate low impact cardio with strength building: utilizing dumbbells, resistance bands, and Pilates balls. It is planned out to accommodate all skill levels with the intention of progressing the participants ability to perform longer and lift heavier. We work through the entire body without ever getting on the floor.

Splash: This is a high energy, shallow water workout that is perfect for all skill levels. Intensity options and low impact movements make Splash suitable for even non-swimmers.

Tai-Chi: An internal Chinese martial art practices for self-defense and health. Known for its slow, intentional movements.

Tread N Shred: Take 30 minutes out of your day to hit it hard with weights and cardio. This is a HIIT class using the treadmills for cardio and dumbbells/bodyweight or strength.

Water Aerobics: A cardio and strength water fitness class. Utilizing water dumbbells, noodles, and kickboards to build the strength while taking advantage of the water buoyancy for less impact on the joints. Some suspension work will occur.

Water Circuit: A high intensity water class that will utilize equipment to increase the intensity of the exercise. Adapting to suspended movements to increase the engagement of the core for additional balance/core work.

Yoga: Bring your mat, relax, and focus while gaining flexibility and strength

Zumba: A Latin inspired dance cardio fitness with rhythms from all around the world. Low and high intensity options are available.