



Cain Center YMCA

GROUP/AQUA EXERCISE SCHEDULE

Effective October 16, 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM-9:00AM						
8:30AM-9:30AM	WATER CIRCUIT 		WATER CIRCUIT 		WATER CIRCUIT 	
9:00AM-10:00AM						
9:30AM-10:30AM						
10:30AM-11:30AM						
5:30PM-6:30PM						
6:30PM-7:30PM						

GROUP/AQUA EXERCISE CLASS DESCRIPTIONS

Water Circuit: A cardio and strength water fitness class. Water exercise is great for all generations. Water buoyancy allows for less impact on joints, and water drag allows for work to be accomplished in all planes of movement. This class consists of a warm up aerobic section, strength section, and abdominal section. We will increase intensity by going suspended or faster with our motions.

Water Aerobics: A cardio and strength class consisting of a warm-up, impact optional aerobic section, strength training , balance and abdominal work. All exercises will be able to be intensified at the discretion of the participant.

Silver Sneakers Splash: A fun, shallow-water exercise class that uses handbells, noodles and splashboards for stability and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers . The aquatic environment provides many benefits, when used for range of motion and resistance training.

Step: A choreographed cardio class designed to get your heart pumping. You stand up, around, and down from a platform.

Zumba: A low and high intensity Latin inspired dance fitness cardio with rhythms from all around the world. Get a great workout without realizing that you are working out!

Cain Center YMCA

915 S Palestine St.

Athens , TX 75751

P 903.677.4430

www.caincenterymca.org

Hours of Operation

Monday - Friday 5:30AM-9:00PM

Saturday 8:00AM-7:00PM

Sunday Closed

Child Watch Hours

Monday - Friday 8:15AM - 12:00PM

Monday - Thursday 5:00PM - 9:00PM