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| Ymca Logo PNG Vector  **CORSICANA YMCA**  **AEROBICS ROOM SCHEDULE**  **EFFECTIVE STARTING September 11, 2023** | | | | | |
| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 7:45-8:00AM |  | **POUND**  Lanette |  | **POUND**  Lanette |  |
| 8:00-9:00AM | **YOGA**  Helen |  | **YOGA**  Helen |  | **YOGA**  Helen |
| 8:30-9:30AM |  | **STEP**  Laura H |  | **STEP**  Laura H |  |
| 10:1511:00AM | **GOLDEN & FIT** Joy | **GOLDEN & FIT** Darlene | **GOLDEN & FIT** Joy | **GOLDEN & FIT** Darlene | **GOLDEN & FIT** Joy |
| 5:15-6:00PM | **AFC** Joe | **EXTEND** Callee | **AFC** Joe | **EXTEND** Callee |  |
| 6:00-6:45PM | **ZUMBA**  Laura O | **ZUMBA**  Laura O |  | **ZUMBA** Laura O |  |
| 7:00-8:00PM |  | \*SHOTOKAN KARATEDO | **POWERPUMP** Alley | \*SHOTOKAN KARATEDO |  |
| CLASS DESCRIPTION | | | | | |
| **YOGA**: Revitalize your body and mind by using stretching and breathing exercises.  **POUND**: Workout your entire body with high intensity choreographed drumming with weighted Ripstix.  **GOLDEN & FIT**: Designed for senior or low mobility members using chairs and low impact exercises.  **STEP**: Choreographed aerobics moving around and stepping on a low step bench.  **ZUMBA**: Cardio dance class that grooves to Latin inspired music.  **POWERPUMP**: Complete body workout with both hand weights and bar.  **EXTEND**: Cardio class that combines pilates and barre techniques for a unique and challenging experience.  **Athletic Fitness Club**: Cardio and strength training class to achieve your goals with programs and exercises designed to keep you motivated and consistent.  \*SHOTOKAN KARATEDO: Add-on karate program for ages 7 through adults taught by Ben Vinson. See front desk for details. | | | | | |