



Cain Center YMCA GROUP EXERCISE SCHEDULE

Effective January 22, 2024

These classes are FREE with a YMCA membership!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30AM-9:30AM	WATER CIRCUIT 		WATER CIRCUIT 		WATER CIRCUIT 	
9:00AM-10:00AM		SILVER SNEAKERS CIRCUIT 		SILVER SNEAKERS CIRCUIT 		ZUMBA
9:30AM-10:30AM	WATER AEROBICS 		WATER AEROBICS 		WATER AEROBICS 	
10-11AM						TAI-CHI
10:30-11:30AM	SilverSneakers Splash 		SilverSneakers Splash 		SilverSneakers Splash 	
12:10PM-12:40PM		TREAD SHRED 		TREAD SHRED 		
5:30PM-6:30PM		STEP 		STEP 		
6:30PM-7:30PM		ZUMBA 		ZUMBA 		

Cain Center YMCA

915 S Palestine St.
Athens, TX 75751
P 903.677.4430

Hours of Operation

Mon - Fri 5:30AM-9:00PM
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!!!)

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.

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.

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.

Tread & 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 plus dumbbells and body weight for strength.

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

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

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!