

FITNESS CLASSES

Members only - FREE

POWER PUMP Weight training exercises designed to build muscle endurance. Light to moderate weight used with high repetitions.

PILATES Build core strength in abs and back while enhancing body alignment, control and stability.

BIKING Non-impact, individually paced cardiovascular workout that is fun and challenging for all fitness levels.

ZUMBA BELLYDANCE (*women only*) High energy Zumba music with fitness belly dance moves for a great cardiovascular and core muscle workout. For all fitness levels.

ZUMBA Dance your way to a fitter you with exciting and unique dance moves and rhythms. Taking the world by storm! Zumba is designed for everyone, every shape, every age. All exercisers from beginner to advanced will enjoy the fun and benefits of Zumba.

AQUA ZUMBA Now this is different! The music...the steps...the moves... the class...the feel! A fusion of Latin & international music for an exciting and fun fitness system in the water. Aqua Zumba complements all the muscles and allows people with physical limitations the opportunity to work out and experience the benefits and magic of the Zumba Workout!

BODY COMPOSITION ANALYSIS

Track your progress by measuring your body fat %. Members \$15 Non Members \$25

Y-PERSONAL FITNESS 4 week individualized structured starter program. Members FREE

FITNESS CLASSES

Members FREE / Program Members \$25

RHYTH-MIX Continuous movement for the active older adult. Participants stretch, bend and step their way to vitality.

ZUMBA GOLD Dance your way to a fitter you with exciting and unique dance moves and rhythms. Taking the world by storm! Zumba is designed for everyone, every shape, every age. All exercisers from beginner to advanced will enjoy the fun and benefits of Zumba, with a little less intensity, caters to the mature age group.

SILVER SNEAKERS MUSCULAR STRENGTH & RANGE MOVEMENT



Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

KARATE Sensi Daniel Heller offers a great class for children. Karate is a great way for children to learn discipline, self control, mental focus, balance, coordination, respect for others, self confidence, and become physically fit. Classes are offered on Tuesday and Thursday nights.

PERSONAL TRAINING Individualized workout with a personal trainer. Members Starting at \$25 per hr / Program Members starting at \$25 per hr

TEEN / YOUTH STRENGTH TRAINING Teens ages 13-15 & Youth ages 10-12. Teaches proper use of cardio equipment, nautilus, and free weights. Usage of areas permitted upon the completion of training class. Ages 10—12 may use areas upon completion with **Parental Supervision**. Sunday 1:30—4:30. members \$30

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.



**We Build
Strong Kids
Strong Families
Strong Communities**

**For more information call
YMCA of the Golden Crescent
1806 N. Nimitz / Victoria, TX 77901
361-575-0511 / 361-575-4608 fax**

FITNESS SCHEDULE

MUST BE 16 YEARS OLD TO PARTICIPATE IN GROUP EXERCISE CLASSES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.	Power Pump Lisa		Power Pump Alice			
5:45 a.m.		Biking Sandy		Biking Sandy		
7:00 a.m.						Biking Sandy
7:30am	ZUMBA GOLD / Powerpump Jean		ZUMBA GOLD / Powerpump Jean			
8:30 a.m.	Biking Rosalinda	ZUMBA Rosalinda	Biking Rosalinda	ZUMBA Rosalinda	Biking Rosalinda ZUMBA Angelica	Biking Linda
9:30 a.m.	Rhyth-Mix Dorothy	Power Pump Rosalinda	Rhyth-Mix Dorothy	Power Pump Rosalinda	Rhyth-Mix Dorothy	Intro. Zumba (first Sat. only)
10:00 a.m.						ZUMBA
10:30 a.m.	SilverSneakers Mus- cular Strength/Range of Motion Dorothy	STRETCH Rosalinda	SilverSneakers Mus- cular Strength/Range of Motion Dorothy	STRETCH Rosalinda	SilverSneakers Mus- cular Strength/Range of Motion Dorothy	
11:00 a.m.						ZUMBA BELLY- DANCE (women only)
4:30 p.m.		PILATES Kathryn	ZUMBA BELLY- DANCE (women only) Rosalinda		FITNESS LEVELS Older Adults Strength Training Intermediate to Advanced Beginner to Intermediate Older Adults	 Zumba for All Fitness Levels
5:30 p.m.	Zumba Alicia Biking Philip	Power Pump Linda Biking Cindy	Zumba Alicia Biking Laura	Power Pump Linda Biking Alicia		
6:30 p.m.	Biking Linda ZUMBA Jean	Biking Laura ZUMBA Rosalinda	Biking Linda ZUMBA Lynn	Biking Laura ZUMBA Rosalinda		
7:30 p.m.		ZUMBA BELLY- DANCE (women only) Rosalinda		ZUMBA BELLY- DANCE (women only) Rosalinda		