

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00-8:00 AM		Never Despair Back Care Barbara Jo Yoga Studio		Never Despair Back Care Barbara Jo Yoga Studio	
8-8:45 AM				Aqua Yoga	
9-9:45 AM		Aqua Yoga	Aqua Yoga	Aqua Yoga	Aqua Yoga
9:30-10:30am	NEW! Senior Fitness Laurie Group Exercise Studio		NEW! Senior Fitness Lauria Group Exercise Studio		NEW! Senior Fitness Tony Grp Ex Studio
10:00-11:00 AM	Aqua Fitness		Aqua Fitness	Aqua Fitness	Aqua Fitness
10:00-11:15 AM				Yoga for Energy and Balance Elizabeth	
10:30-11:45 AM	Gentle Yoga Jogi Yoga Studio		Gentle Yoga Amber Yoga Studio		Gentle Yoga Amber Yoga Studio
12:15-1:15 PM	Range of Motion Exercise		Range of Motion Exercise	Range of Motion Exercise	
2:00-3:00 PM		Senior Fitness Barbara Boothe		Senior Fitness Barbara Boothe	The Mission of the YMCA of Austin is to put Christian principles into practice through programs that
6:30-7:30 PM	Aqua Fitness		Aqua Fitness		

Notice:
All classes with attendance of less than 3 participants are subject to cancellation for the day.

****Please note all aquatic classes require monthly registration prior to attending class.****
Aqua Yoga classes fill quickly. please register ahead of time to ensure availability.

Active Older Adults (AOA): A program in which the YMCA staff engages active older adults (typically age 55+) in an array of programs, including health and fitness, yoga, aquatics, sports, and social clubs.

Gentle Yoga - Great class for all levels of Hatha Yoga students. The focus is on developing flexibility, proper form, and relaxation.

Never Despair Back Care - Limber, lengthen and strengthen the core and protect the integrity of your spine. Learn how the whole body can feel relaxed, aligned and resilient.

Senior Fitness - This class includes cardiovascular training and toning exercises that promote muscle strength, range of motion, and endurance. Ideal for AOA, all ages welcome.

Aquatics Class Descriptions:

Aqua Yoga - This Yoga class is held in our warm therapy pool. Enjoy the benefits of low impact water exercise and yoga rolled into one class. The water temperature is a relaxing 90-92 degrees.

Range of Motion Exercise - For individuals with physical limitations. This class is intended to improve range of motion, strength, flexibility and endurance.

Aqua Fitness - This high-energy class is designed to fit people of all fitness levels. A total body workout using the resistance of the water for toning and increasing flexibility. Aqua Fitness is self-paced and can be low to high impact depending upon your effort!

Participants: Please check with your doctor before starting a new exercise class or program.

