



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# PHARR FAMILY YMCA

## 2019 Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
		9:00-10:20 <b>Aerobilates</b> Susan	9:00-10:00 <b>Rock Bottom</b> Michelle	
10:00-11:00 <b>Chair Yoga</b> Serena			10:00-11:00 <b>Deep Stretch Yoga</b> Kristy	10:00-11:00 <b>Chair Yoga</b> Serena
	10:15-11:00 <b>Silver Sneakers</b> Janet		10:15-11:00 <b>Silver Sneakers</b> Serena	
12:10-12:50 <b>Fitness Fusion</b> Michelle			12:10-12:50 <b>Fitness Fusion</b> Michelle	
5:15-6:00 <b>Cardio &amp; Core</b> Michelle				
6:00-7:00 <b>Vinyasa Flow Yoga</b> Kristy		6:30-7:30 <b>Circuit Training</b> Michelle	6:00-7:00 <b>Yoga</b> Kristy	

## Class Description

**Aerobilates**- High impact dance inspired cardio that will improve your cardiovascular endurance with added core work, Pilates to tone, and strengthen total body.

**AMRAP "As many reps as possible"**. A circuit of exercises as many times as possible within a specific period of time.

**Cardio & Core**- Light cardio combined with weight training and core strengthening

**Deep Stretch Yoga**- Will have a strong focus on breaths and the yoga postures will be held between three to five minutes. (All Levels)

**Fitness Fusion**- a 40 minute total body workout using light weights, low impact cardio, abs/core work, body weight training, and stretching.

**Rock Bottom**- This class will tone and sculpt your lower body using weighted and non-weighted exercises and lean your midsection with core training and plyometrics.

**Vinyasa Flow Yoga**- This yoga is a practice where postures or asanas are connected through the breath for a transformative and balancing effect. Classes build heat, endurance, flexibility, and strength. Vinyasa as a form is always evolving and teachers weave together wisdom teachings, poetry, and music that can inspire physical, energetic, mental, intuitive, and pure bliss states of consciousness.

**Gentle Flow Yoga**- Open to all levels of practice and abilities, our soothing gentle class focuses on an exploration of basic yoga poses and how to connect them through attention to breathing, alignment, and mindfulness. Expect lots of stretching and lingering in supported seated poses. Meditation and relaxing techniques will also be introduced, perfect for stress relief, and overall well-being.

### Facility Hours

Mon-Thurs	7:00 am - 9:00 pm
Friday	7:00 am - 7:00 pm
Saturday	8:00 am - 2:00 pm
Sunday	1:00 pm - 4:00 pm

### Child Watch Hours

Mon - Fri	9:00 am - 12:00 pm
Mon - Thurs	3:30 pm - 7:00 pm
Wednesday	3:30 pm - 7:30 pm