

LAND AEROBICS

Class Schedule

INTENSITY - (L)=LOW (M)=MEDIUM (H)=HIGH

MONDAY

8:00 AM	Light Cardio Sculpt (L)	Dolores
9:00 AM	Cardio Sculpt (M)	Lisa
10:00 AM	Zumba/Toning (H)	Rose
11:00 AM	Silver Sneakers Yoga (L)	David
5:00 PM	Namaste Yoga(M)	Janine

TUESDAY

8:00 AM	Light Cardio Sculpt (L)	Dolores
9:00 AM	Muscle Sculpt (M)	Dolores
9:00 AM	Yoga (L)	Salinda
10:00 AM	Line Dancing (L)	Carolyn
11:00 AM	Silver Sneakers Classic (L)	Janine
12:00 PM	Chair Volleyball (L)	Bueno
12:30 PM	Tai Chi (L)	Paul
4:30 PM	Zumba (H)	Rose

WEDNESDAY

9:00 AM	Cardio Sculpt (M)	Lisa
10:00 AM	Zumba (M)	Olga
11:00 AM	Silver Sneakers Yoga (L)	David
12:00 PM	Silver Sneakers Circuit (M)	Olga
1:00 PM	Chair Volleyball (L)	Bueno
5:45 PM	Yoga (L)	Janine

THURSDAY

8:00 AM	Light Cardio Sculpt (L)	Dolores
9:00 AM	Cardio Sculpt (M)	Lisa
9:00 AM	Yoga (L)	Salinda
10:00 AM	Line Dancing (L)	Carolyn
11:00 AM	Silver Sneakers Classic (L)	Janine
11:00 AM	Rhythm Dance (M)	Lawrene
12:00 PM	Chair Volleyball (L)	Bueno
12:30 PM	Tai Chi (L)	Paul
5:00 PM	Zumba Toning (H)	Rose

FRIDAY

9:00 AM	Cardio Sculpt (M)	Dolores
10:00 AM	Line Dancing (L)	Katrina
11:00 AM	Silver Sneakers Classic (M)	Janine
12:30 PM	Tai Chi (L)	Paul

SATURDAY

10:00 AM	Line Dancing (L)	Jean
10:15AM	Yoga (M)	Janine

*All classes 50 minutes long

FITNESS MEMBERSHIP

Monthly Fees

FITNESSCONNECTION	
Joining Fee \$74.00	
SINGLE	\$39.00
SINGLE W/ CHILD (17 & under)	\$49.00
MEM/SPOUSE	\$59.00
FAMILY	\$69.00
SENIORS 55 & OVER	
Joining Fee Waived	
SINGLE	\$30.00
MEM/SPOUSE	\$45.00
STUDENT RATES	
Joining Fee Waived – (Student ID required)	
SINGLE	\$30.00
SINGLE W/ CHILD (17 & under)	\$40.00
MEM/SPOUSE	\$49.00
FAMILY	\$59.00
VETERANS/MILITARY/CORPORATE RATES	
Joining Fee Waived	
SINGLE	\$35.00
SINGLE W/CHILD (17 & under)	\$44.00
MEM/SPOUSE	\$53.00
FAMILY	\$62.00
DAILY RATE for ALL ADMISSIONS	
FAMILY (2 Adults / 4 Children)	\$20.00
DROP IN FEE	\$5.00
<i>(All children under 15 must be accompanied by parent)</i>	

Payment Options:

- Bank Draft *
- Credit Card/Debit Card Draft *
- 3-Month Advance Pay (non-refundable)
- Medicare Supplement
- Some Financial Aid Assistance Available

* 30-day written cancellation notice required

AQUATIC AEROBICS

Class Schedule

INTENSITY - (L)=LOW (M)=MEDIUM (H)=HIGH

s=shallow d=deep

MONDAY

9:00 AM	Aquacise (M)(s)	Esther
9:00 AM	Splash Aerobics Challenge (H)(d)	Pranee
10:00 AM	Aqua Fit & Fun (L)(s)	Socorro
10:00 AM	HiIT Power Cardio (M)(d)	Pranee
11:00 AM	Water Tai Chi (L)(s)	Helga
6:00 PM	Aquacise (M)(s)	Esther

TUESDAY

9:00 AM	Yoqua (L)(s)	Pranee
10:00 AM	Silver Sneakers Splash(L)(s)	Esther
10:00 AM	Deep Toning w/Tabata (H)(d)	Barbara
2:00-PM	Water Walking(L)(s)	Jeanne
6:00 PM	Splash Aerobics Cardio (M)(s)	Kathy

WEDNESDAY

9:00 AM	Aqua Fit & Fun (L)(s)	Socorro
9:00 AM	Splash Aerobics Challenge (H)(d)	Pranee
10:00 AM	Splash Aerobics Cardio (M)(s)	Pranee
10:00 AM	Deep Tabata(H)(d)	Carla
6:00 PM	Aquacise (M)(s)	Socorro
6:00 PM	Deep Intensity	Barbara

THURSDAY

9:00 AM	Yoqua (L)(s)	Pranee
10:00 AM	Silver Sneakers Splash (L)(s)	Socorro
10:00 AM	Deep Conditioning (M)(d)	Sarah
2:00 PM	Water Walking (L)(s)	Jeanne
6:00 PM	Splash Aerobics Cardio (M)(s)	Kathy

FRIDAY

9:00 AM	Aqua Fit & Fun (L)(s)	Socorro
9:00 AM	Deep Tabata (H)(d)	Barbara
10:00 AM	Water Tai Chi (L)(s)	Helga
11:00 AM	Deep Water Splash	Sarah

SATURDAY

10:00 AM	Aqua Fit & Fun (L)(s)	Esther
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LAP SWIM

Schedule

POOL HOURS 6AM-7PM

SCHEDULE SUBJECT TO LIFEGUARD AVAILABILITY

MONDAY – FRIDAY 6:00 AM – 8:50 AM
12:00 PM – 1:20 PM
 5:00 PM – 5:50 PM

SATURDAY 8:00 AM – 9:50 AM

SUNDAY 12:00 PM – 1:50 PM

RECREATIONAL SWIM

Schedule

POOL HOURS 6AM-7PM

SCHEDULE SUBJECT TO LIFEGUARD AVAILABILITY

MONDAY 11:00 AM – 11:50 AM (d)
1:30 PM – 4:50 PM

WEDNESDAY 11:00 AM – 11:50 AM (d)
1:30 PM – 4:50 PM
 6:00 PM – 6:50 PM (d)

TUESDAY & THURSDAY 9:00 AM – 10:50 AM (d)
 11:00 AM – 11:50 AM
1:30 PM – 4:50 PM
 6:00 PM – 6:50 PM (d)

FRIDAY 11:00AM – 11:50AM (s)
1:30PM – 4:50PM
 6:00 PM – 6:50 PM

SATURDAY 11:00 AM – 4:00 PM

SUNDAY 2:00 PM – 4:00 PM

HOURS OF OPERATION

Open 7 Days a Week

MONDAY – THURSDAY 5:30 AM – 8:00 PM
FRIDAY 5:30 AM – 7:00 PM
SATURDAY 8:00 AM – 4:00 PM
SUNDAY 12:00 PM – 4:00 PM

FACILITY FEATURES

25m Swimming Pool ■ Weight Room ■
 Therapeutic Pool ■ Full Court Gym ■ Patio
 Area ■ Dry Sauna ■ Meeting Rooms ■
 Cardio Room
 ■ Massage Therapy

RENTALS

Hourly and Daily Rates

MEETING ROOMS		
Community Room (100)	\$125/hr	\$350/day
Activity Room (25-50)	\$70/hr	\$250/day
Seminar Rooms (1-25)	\$35/hr	\$150/day
<i>YWCA Members receive 10% discount!</i>		
GYM		
	\$80/hr	
<i>YWCA Members receive 10% discount!</i>		
POOL		
0-25 people	\$70/hr	
26-50 people	\$85/hr	
51-75 people	\$100/hr	
<i>YWCA Members receive 10% discount!</i>		
*\$15 FEE PER ADDITIONAL LIFEGUARD	NO DISCOUNT FOR ADDITIONAL LIFEGUARD(S)	
AFTER HOURS RATE		
additional per staff member	\$15/hr	

NO DISCOUNT FOR AFTER-HOURS RATE

Call 361-857-5661 ext. 20 for availability

PICKLEBALL SCHEDULE:

Sunday, Friday - 12:00-2:00 PM
 Wednesday - 6:00-8:50 AM
 Thursday - 6:00-8:00 PM
 Saturday – 8:00-10:00 AM

OPEN GYM

Mon, Tues, Thurs & Fri – 6:00-7:50 AM
 Monday – 1:30-5:00 PM
 Tuesday – 1:30 – 4:20 PM
 Wednesday 1:30 – 5:00 PM
 Thursday 1:30 – 4:50 PM
 Friday 2:00-5:00 PM
 Saturday 11:00 AM – 4:00 PM **
 Sunday 2:00 – 4:00 PM **

** Call for availability due to events

Since 1946
eliminating racism
empowering women
ywca

FITNESS CONNECTION SCHEDULE

January – April 2018

YWCA is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all



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YWCA is a 501(c)(3) non-profit organization