

## 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
11:00 AM	Dance and Stretch (L)	Lawrene
12:30 PM	Enlightened Body Chi (M)	Manny
5:00 PM	<b>Namaste Yoga (M)</b>	<b>Janine</b>

#### 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 Circuit (M)	Lisa
10:00 AM	Zumba (M)	Olga
11:00 AM	Silver Sneakers Yoga (L)	David
11:00 AM	Belly Dancing	Rachel
12:00 PM	Chair Volleyball (L)	Bueno
12:30 PM	Enlightened Body Chi (M)	Manny
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
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	Basic Blast (L)	Janine
11:00 AM	Silver Sneakers Classic (L)	Janine
12:30 PM	Tai Chi (L)	Paul

#### SATURDAY

10:00 AM	Line Dancing (L)	Jean
10:15 AM	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
<b>DROP IN FEE</b>	<b>\$5.00</b>
<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 Scholarship 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
<b>10:00 AM</b>	Aqua Fit & Fun (L)(s)	Socorro
10:00 AM	HiIT Power Cardio (M)(d)	Pranee
<b>11:00 AM</b>	Water Tai Chi (L)(s)	Helga
6:00 PM	Aquacise (M)(s)	Esther
<b>6:00 PM</b>	<b>Deep Tabata</b>	Barbara

#### TUESDAY

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

#### THURSDAY

9:00 AM	Yoqua (L)(s)	Pranee
<b>10:00 AM</b>	Silver Sneakers Splash (L)(s)	Socorro
<b>10:00 AM</b>	Deep Conditioning (M)(d)	Carla
<b>1:30 PM</b>	<b>Deep Tabata</b>	<b>Barbara</b>
<b>2:00 PM</b>	<b>Water Walking</b>	<b>Jeanne</b>
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)	Carla
10:00 AM	Water Tai Chi (L)(s)	Helga

#### 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 & 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  
**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		<b>\$80/hr</b>
<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

### OPEN GYM

Mon, Tues, Thurs & Fri – 6:00-7:50 AM  
 Monday – 12:30-5:00 PM  
 Tuesday – 1:30 – 4:20 PM  
 Wednesday 1:30 – 5:00 PM  
 Thursday 1:30 – 4:50 PM  
 Friday 2:00-7:00 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

September - December 2017

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



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www.ywcacc.org

www.facebook.com/ywcacorporuschristi

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