

**Class/Instructor Schedule**  
**Beginning June 14, 2021**



Monday		Tuesday	Wednesday	Thursday	Friday
<b>AM</b> 8-10:50	Cardio/Weight	Cardio/Weight	Cardio/Weight	Cardio/Weight	Cardio/Weight
8-8:50	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9-9:50	Lap Swim	Lap Swim	Rec Swim	Lap Swim	Rec Swim
9-9:50	Yoga Salinda	Cardio Sculpt Dolores	Yoga Salinda	Cardio Sculpt Dolores	Yoga Salinda
<b>10-10:50</b>	Aquasize (s) Socorro	Rec Swim/ Water Walking(s)	Total Water Workout/Lisa	Rec Swim/ WaterWalking(s)	Fun & Fit (s) Esther
<b>10-10:50</b>	Tabata (d) Patricia	Rec Swim	Tabata(d) Patricia	Rec Swim	Tabata Patricia(d)
<b>10-10:50</b>	Line Dance Carolyn	Balance/Stability Olga	SS Yoga David	Line Dance Carolyn	Line Dance Carolyn
<b>PM</b>	6:00 pm ZumbaGold/Olga	5:00pm Yoga/Salinda	6:00 pm Zumba Gold/Olga	5:30pm Yoga/Salinda	
<b>6-6:50</b>	Lap Swim	Aqua Interval(d) Joy	Lap Swim	Aqua Interval(d) Joy	Lap Swim
<b>6-6:50</b>		Aquasize (s) Esther		Aquasize (s) Socorro	
<b>6-7:50</b>	Cardio/Weight	Cardio/Weight	Cardio/Weight	Cardio/Weight	Cardio/Weight
<b>7:00-7:50</b>	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim

**YWCA IS ON A MISSION**

The walking path around the YWCA is ¼ mile. Try it anytime!

**General:**

1. Safety first!
2. Masks, symptom-free, and social distances required.
3. Open Monday through Friday.
4. Participation first-come, first served.
5. Badge in at front desk; sign in to class/workout in work out area.
6. Locker rooms are open. Swimmers can enter men & women's locker rooms via door closest to natatorium.
7. Indoor showers are closed.
8. 1 shower on patio off nat for quick rinse; no personal grooming items allowed.
9. Bring water. Water fountains are off.
10. All restrooms in locker rooms are available.
11. Classes, activities & times posted on website & Facebook.
12. No gathering area for staff or members.
13. Minimum required class size to continue class is 10.
14. Class continuation will be revised often & based on utilization.

**Gym:**

1. Land participants will enter facility thru front doors, go directly to the gym and exit the gym doors into the back-parking lot.
2. Masks and social distancing required.

**Pool/Natatorium:**

1. Lap swim is for lap swim only.
2. Rec swim is for rec swim only.
3. Lap swimmers will share lanes as needed.
4. Water participants enter natatorium through double doors next to front desk; leave same way.
5. Safety requires all natatorium windows & door to be open. Radiant heaters do NOT heat air or water. Please consider wearing aquatic swim shirts & hats for warmth.

**Cardio/Weight Areas**

1. Light to moderate work outs only.
2. 30 min/cardio machine if someone is waiting.
3. Masks & social distancing required.
4. Maximum of 10 participants at a time in each room.
5. Bring water.
6. Member sanitizes each machine before & after use.
7. Exit thru gym doors.

Website [www.ywcacc.org](http://www.ywcacc.org), Facebook [www.facebook.com/ywcacorpuschristi](https://www.facebook.com/ywcacorpuschristi), Twitter [www.twitter.com/ywcacorpus](https://www.twitter.com/ywcacorpus),

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