

LAND AEROBICS

Class Schedule

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

MONDAY

8:00 AM	Light Cardio Sculpt (L)	Dolores
9:00 AM	POP Pilates (M)	Yvonne
9:00 AM	Cardio Sculpt (M)	Lisa
10:00 AM	Zumba/Toning (H)	Rose
11:00 AM	Silver Sneakers Yoga (L)	David
12:00 PM	Line Dancing (M)	Marilyn

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
11:00 AM	Stretch & Firm	Olga
12:00 PM	Chair Volleyball (L)	Bueno
12:00 PM	Enlightened Body Chi (L)	Manny
4:30 PM	Zumba (H)	Rose

WEDNESDAY

9:00 AM	Cardio Sculpt (M)	Lisa
9:00 AM	POP Pilates	Yvonne
10:00 AM	Silver Sneakers Yoga (L)	David
11:00 AM	Zumba (M)	Olga
12:00 PM	Silver Sneakers Circuit (M)	Olga
1:00 PM	Chair Volleyball (L)	Bueno
4:30 PM	Tai Chi	John
5:30 PM	Yoga (L)	Janine

THURSDAY

8:00 AM	Light Cardio Sculpt (L)	Dolores
9:00 AM	Zumba Gold	Christine
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
12:00 PM	Enlightened Body Chi (L)	Manny
5:00 PM	Zumba Toning (H)	Rose

FRIDAY

9:00 AM	Cardio Sculpt (M)	Dolores
9:30 AM	Yoga (L)	Yvonne
10:00 AM	Line Dancing (L)	Marilyn
11:00 AM	Silver Sneakers Classic (M)	Janine

SATURDAY

9:30AM	Tai Chi	John
10:30AM	Yoga (M)	Janine

*All classes 50 minutes long

FITNESS MEMBERSHIP

Monthly Fees

FITNESS CONNECTION	
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 - None	
SINGLE	\$30.00
MEM/SPOUSE	\$45.00
STUDENT RATES	
Joining Fee None – (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 - None	
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	Deep Tabata (H)(d)	Patricia
10:00 AM	Light Cardio Balance(L)(s)	Esther
10:00 AM	Deep Toning (M)(d)	Barbara
6:00 PM	Aquacise (M)(s)	Socorro

TUESDAY

9:00 AM	Yoqua (L)(s)	Susan
10:00 AM	Silver Sneakers Splash(L)(s)	Esther
10:00 AM	Deep Water Splash (M)(d)	Christine
11:00 AM	Light Cardio Balance	Esther
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	Deep Tabata (H)(d)	Patricia
10:00 AM	Splash Aerobics Cardio (M)(s)	Socorro
10:00 AM	Deep Aqua Aerobics (M)(d)	Christine
6:00 PM	Aquacise (M)(s)	Socorro

THURSDAY

9:00 AM	Yoqua (L)(s)	Susan
10:00 AM	Silver Sneakers Splash (L)(s)	Socorro
10:00 AM	Deep Tabata (M)(d)	Patricia
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 Toning (H)(d)	Barbara
10:00 AM	Water Tai Chi (L)(s)	Susan
11:00 AM	Aqua Zumba	Yvonne

SATURDAY

10:00 AM	Aqua Fit & Fun (L)(s)	Esther
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FACILITY FEATURES

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

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 1:30 PM – 4:50 PM 6:00 PM – 6:50 PM (d)
WEDNESDAY	11:00 AM – 11:50 AM (d) 1:30 PM – 4:50 PM 6:00 PM – 7:00 PM (d)
TUESDAY & THURSDAY	11:00 AM – 11:50 AM 1:30 PM – 4:50 PM 6:00 PM – 6:50 PM (d)
FRIDAY	10:00AM – 11:50AM (d) 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

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
YWCA Members receive 10% discount!		
GYM		
	\$80/hr	
YWCA Members receive 10% discount!		
POOL		
0-25 people	\$70/hr	
26-50 people	\$85/hr	
51-75 people	\$100/hr	
YWCA Members receive 10% discount!		
*\$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

eliminating racism
empowering women

4601 Corona Drive
Corpus Christi, TX 78411

ywca (361) 857-5661 Fax (361) 857-0254

ONE DAY GUEST PASS

Guest Name _____
 Email: _____
 Expiration Date: 12/31/2019



FITNESS CONNECTION SCHEDULE

January – April 2019

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

YOUR Journey to WELLNES begins at the YWCA

4601 Corona ■ Corpus Christi ■ 78411
 361-857-5661 ext. 20 ■ 361-857-0254 (fax)
www.ywcacc.org
www.facebook.com/ywcacorpuschristi

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

PICKLEBALL SCHEDULE:

Sunday, Friday - 12:00-2:00 PM
Tuesday 6:00-9:00 PM
 Wednesday – 3:00-5:50 PM
 Thursday - 6:00-9:00 PM
 Saturday – 9:00 AM-12:00 PM

OPEN GYM

Mon, Tues, Thurs & Fri – 5:30-7:50 AM
 Monday – 12:00-5:50 PM
 Tuesday – 2:00 – 4:20 PM
 Wednesday 5:30-8:50 AM
 Thursday 2:00 – 4:50 PM
 Friday 2:00-5:00 PM
 Saturday 12:00 AM – 4:00 PM **
 ** Call for availability due to events