

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
10:00AM	Yoga (L)	Christine
11:00 AM	Silver Sneakers Yoga (L)	David
12:00 PM	Line Dancing (M)	Marilyn
5:00 PM	Tai Chi (L)	John
5:00 PM	Zumba (M)	Rhonda

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
12:00 PM	Balance in Motion	Olga
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)	Christine
11:00 AM	Zumba (M)	Olga
12:00 PM	Silver Sneakers Circuit (M)	Olga
1:00 PM	Chair Volleyball (L)	Bueno
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	Balance in Motion	Olga
5:00 PM	Zumba Toning (H)	Rose

FRIDAY

9:00 AM	Cardio Sculpt (M)	Dolores
10:00 AM	Line Dancing (L)	Marilyn
11:00 AM	Silver Sneakers Yoga (L)	David
12:00 PM	Silver Sneakers Classic	Janine

SATURDAY

8:00 AM	Zumba	Christine
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

(All children under 15 must be accompanied by parent)

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
11:00 AM	Aqua Zumba	Christine
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)	Patricia
11:00 AM	Light Cardio Balance	Esther
1:30-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)	Susan
11:00 AM	Aqua Zumba (M)(s)	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
1:30 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
10:00 AM	Deep Water Walking	Yvonne

SATURDAY

10:00 AM	Aqua Fit & Fun (L)(s)	Esther
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PICKLEBALL SCHEDULE:

Sunday, Friday - 12:00-2:00 PM
Tuesday 2:00-4:50 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
 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

**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

Effective May 2019

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 ■
 Cardio Room ■ Therapeutic Pool ■ Full
 Court Gym ■ Patio Area ■ Dry Sauna ■
 Meeting Rooms ■ 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

eliminating racism 4601 Corona Drive
 empowering women 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
 May - August 2019**

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

**YOUR Journey to WELLNESS
 begins at YWCA**

4601 Corona ■ Corpus Christi ■ 78411
 361-857-5661 ext. 101 ■ 361-857-0254 (fax)
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YWCA is a 501(c)(3) non-profit organization



**YWCA IS ON
 A MISSION**