

Class/Instructor Schedule
Beginning April 12, 2021



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

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

YWCA IS ON A MISSION

General:

1. Safety first!
2. Masks, temperature ranges, symptom-free, and 6-foot distances will be enforced.
3. Operating at or below 50% capacity or below.
4. Open Monday through Friday.
5. Participation first-come, first served.
6. Locker rooms are open.
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. Restrooms behind the elevator 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.

Cardio/Weight Light to moderate work outs only.

1. 30 min/cardio machine if someone is waiting.
2. Masks, gloves & social distancing required.
3. Maximum of 10 participants at a time.
4. Bring water.
5. Member sanitizes each machine before & after use.
6. Exit out the gym back door.

Water:

1. Lap swim is 3 sessions per day of 50 minutes.
2. Lap swimmers may share lanes.
3. Lap swimmers may wear fins and goggles. Masks required in water classes.
4. No weights or noodles permitted.
5. Water participants enter natatorium through double doors next to front desk; leave same way.
6. Belts allowed in deep-water classes.
7. Class & rec swim size limited to 18 (deep) & 18 (shallow).
8. 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.

Gym:

1. Land participants will go directly to the gym and exit the gym doors into the back parking area.
2. Masks and 6-foot distancing enforced.
3. Maximum class size is 30.

Website www.ywcacc.org, Facebook www.facebook.com/ywcacorpuschristi, Twitter www.twitter.com/ywcacorpus,

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