

# LAND AEROBICS

## CLASS SCHEDULE

### MONDAY

- 8:00 - 9:00 am - Light Cardio Sculpt
- 9:00 - 10:00 am - Step
- 10:00 - 11:00 am - Pilates
- 11:00 - 12:00 pm - Yoga SS
- 5:45 - 6:45 pm - Any Body's Workout

### TUESDAY

- 8:00 - 9:00 am - Light Cardio Sculpt
- 9:00 - 10:00 am - Muscle Sculpt
- 10:00 - 11:00 am - Yoga
- 10:00 - 11:00 am - Salsa Dance
- 11:00 - 12:00 pm - Muscular Strength ROMSS
- 5:45 - 6:45 pm - Cardio Step & Kick
- 6:00 - 7:00 pm - Aikido (Ages 12+)
- 7:00 - 8:00 pm - Tae Kwon Do (Kids)
- 7:00 - 8:00 pm - Tae Kwon Do (Adults)

### WEDNESDAY

- 8:00 - 9:00 am - Tai Chi
- 9:00 - 10:00 am - Cardio Sculpt
- 10:00 - 11:00 am - Pilates
- 10:00 - 11:00 am - Belly Dance
- 11:00 - 12:00 pm - Muscular Strength ROMSS
- 5:45 - 6:45 pm - Any Body's Workout

### THURSDAY

- 8:00 - 9:00 am - Light Cardio Sculpt
- 9:00 - 10:00 am - Total Body Workout
- 10:00 - 11:00 am - Line Dancing
- 10:00 - 11:00 am - Yoga
- 11:00 - 12:00 pm - Muscular Strength ROMSS
- 2:00 - 3:00 pm - Yoga
- 5:45 - 6:45 pm - Pump It Up
- 6:00 - 7:00 pm - Aikido (Ages 12+)
- 7:00 - 8:00 pm - Tae Kwon Do (Kids)
- 7:00 - 8:00 pm - Tae Kwon Do (Adults)

### FRIDAY

- 8:00 - 9:00 am - Tai Chi
- 9:00 - 10:00 am - Cardio Sculpt
- 10:00 - 11:00 am - Pilates
- 11:00 - 12:00 pm - Muscular Strength ROMSS
- 5:45 - 6:45 pm - Cardio Dance
- 6:00 - 7:00 pm - Cardio/Weight Circuit-Independent Work Out

### SATURDAY

- 9:00 - 10:00 am - Body Sculpting
- 10:00 - 11:00 am - Yoga

# MEMBERSHIP

## MONTHLY FEES

### *Fitness Connection* *Joining Fee \$74.00*

SINGLE	\$39.00
SINGLE W/ CHILD	49.00
MEM/SPOUSE	59.00
FAMILY *	69.00

\*Dependent must be 17 years of age or under

### *SENIORS 55 & OVER*

#### *Joining Fee Waived*

SINGLE	\$30.00
MEM/SPOUSE	45.00

### *STUDENT RATES (ages 18-24)*

#### *Joining Fee Waived - Student ID required*

SINGLE	\$30.00
SINGLE W/ CHILD	40.00
MEM/SPOUSE	49.00
FAMILY	59.00

### *CORPORATE RATES*

#### *Joining Fee Waived*

SINGLE	\$35.00
SINGLE W/ CHILD	44.00
MEM/SPOUSE	53.00
FAMILY *	62.00

\*Dependent must be 17 years of age or under

### *DAILY RATE*

FAMILY	\$20.00
(2 ADULTS & 4 CHILDREN)	
ADULTS	\$7.00
CHILDREN (17 & Under) *	3.00

\*(Must be accompanied by parent)

Bank Draft or Credit Card Draft Required

Or non-refundable 6-months advance payment

# AQUATIC AEROBICS

## CLASS SCHEDULE

### MONDAY

- 9:00 - 10:00 am - Aqua Fit & Fun (s)
- 9:00 - 10:00 am - Power Blast Aquatics (d)
- 10:00 - 11:00 am - Aqua Fit & Fun (s)
- 10:00 - 11:00 am - Water Intensity (d)
- 11:00 - 12:00 pm - Aqua Circuit (s)
- 2:00 - 3:00 pm - H<sub>2</sub>O Arthercise (s)
- 6:00 - 7:00 pm - Splash Aerobics (s)

### TUESDAY

- 9:00 - 10:00 am - Water Yoga (s)
- 10:00 - 11:00 am - Silver Splash SS (s)
- 11:00 - 12:00 pm - Rusty Hinges (s)
- 6:00 - 7:00 pm - Splash Aerobics (s)

### WEDNESDAY

- 9:00 - 10:00 am - Aqua Fit & Fun (s)
- 9:00 - 10:00 am - Power Blast Aquatics (d)
- 10:00 - 11:00 am - Silver Splash SS (s)
- 10:00 - 11:00 am - Water Intensity (d)
- 11:00 - 12:00 pm - Aqua Circuit
- 2:00 - 3:00 pm - H<sub>2</sub>O Arthercise (s)
- 6:00 - 7:00 pm - Splash Aerobics (s)

### THURSDAY

- 9:00 - 10:00 am - Water Yoga (s)
- 10:00 - 11:00 am - Silver Splash SS (s)
- 11:00 - 12:00 pm - Rusty Hinges (s)
- 6:00 - 7:00 pm - Splash Aerobics (s)

### FRIDAY

- 9:00 - 10:00 am - Aqua Fit & Fun (s)
- 9:00 - 10:00 am - Power Blast Aquatics (d)
- 10:00 - 11:00 am - Aqua Fit & Fun (s)
- 10:00 - 11:00 am - Deep Water Walking (d)
- 11:00 - 12:00 pm - Aqua Circuit
- 2:00 - 3:00 pm - H<sub>2</sub>O Arthercise (s)
- 5:45 - 6:45 pm - Splash Aerobics (s)

### SATURDAY

- 9:00 - 10:00 am -- Splash Aerobics (s)

(s)=shallow (d)=deep

## LAPSWIM SCHEDULE

### MONDAY - THURSDAY

6:00 am - 9:00 am  
12:00 pm - 1:00 pm  
5:00 pm - 6:00 pm

### FRIDAY

6:00am- 9:00am  
12:00pm- 1:00pm  
4:45pm- 5:45pm

### SATURDAY

8:00 am - 9:00 am  
10:00 am - 11:00 am

### SUNDAY

1:00 pm - 2:00 pm

## RECREATIONAL SWIM SCHEDULE

### MONDAY & WEDNESDAY

11:00 am - 12:00 pm (d)  
1:00 pm - 2:00 pm  
2:00 pm - 3:00 pm (d)  
3:00 pm - 5:00 pm  
7:00 pm - 8:00 pm

### TUESDAY & THURSDAY

11:00 am - 12:00 pm (d)  
1:00 pm - 5:00 pm  
7:00 pm - 8:00 pm

### FRIDAY

11:00 am - 12:00 pm (d)  
1:00 pm - 2:00 pm  
2:00 pm- 3:00 pm (d)  
3:00 pm - 4:45 pm

### SATURDAY

11:00 am - 4:00 pm

### SUNDAY

2:00 pm - 4:00pm

Effective: 05/09

## FACILITY

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

## Open 7 Days A Week Hours of Operation

Monday-Thursday	5:30 am - 8:00 pm
Friday	5:30 am - 7:00 pm
Saturday	8:00 am - 4:00 pm
Sunday	1:00 pm - 4:00 pm

### Rentals

Gym – Pool – Patio Area  
Meeting Rooms  
Available for meetings and parties  
Hourly and Daily Rates

<b>Community Room</b> (100)	\$70/hr	\$250/day
<b>Activity Room</b> (25-50)	\$55/hr	\$200/day
<b>Seminar Room</b> (1-25)	\$35/hr	\$125/day
<b>Gym</b>	\$50/hr	

### Pool

0-25 people \$50/hr    26-50 people \$65/hr  
51-75 people \$80/hr  
\*Patio free with 2hr pool rental

**Grill or Patio** \$15/hr

## MEMBERSHIP INFORMATION



*YWCA of Corpus Christi*  
4601 Corona Drive  
Corpus Christi, TX 78411  
[www.ywca.org/corpuschristi](http://www.ywca.org/corpuschristi)

**(361) 857-5661 x 20**