



# NORTH PARK FAMILY YMCA GROUP EXERCISE SCHEDULE FALL/WINTER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
<b>GROUP EXERCISE STUDIO</b>	9:00am	Tina 	Cardio Combo Tina	Circuit Challenge Robin	Cardio Combo Tina	Pilates Tina	Power Yoga Robin	
	10-10:15am		Ab Attack! Tina		Ab Attack! Tina			
	10:00am	Zumba Tina				Zumba Tina		
	12:00pm							
	5:00pm					Family Yoga Robin		
	6:00pm		Zumba Sarah	Hip Hop Robin		Zumba Maria		
	6:15pm	Lauren 			Lauren 		<b>Classes are FREE for members!</b>	
	7:30pm	Cardio Kickbox Lauren			Zumba Sarah			

<b>COM-MUNITY ROOM</b>	8:00am				Tai Chi Louis			
	8:15am	Yoga Flow An-Marie		Yoga Flow An-Marie				
	10:30	Pilates Robin						
	7:30pm		Yoga Carrie		Yoga Kelli			

<b>POOL</b>	8:30am	Aqua Fitness Dian	Aqua Fitness Dian	Aqua Fitness Dian	Aqua Fitness Dian	Aqua Fitness Dian		
	9:30am		Hi Impact Aqua Fit An-Marie					
	6:00pm	Aqua Fitness Dian	Aqua Fitness Dian	Aqua Fitness Jackie	Aqua Fitness Dian			

Updated 1/4/12

**NORTH PARK FAMILY YMCA**  
 9616 N. Lamar, Ste. 130  
 Austin, TX 78753  
 (512) 973-9622  
[AustinYMCA.org](http://AustinYMCA.org)

**YMCA MISSION: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.**