



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

GROUP EXERCISE NORTHWEST FAMILY YMCA

Effective Jan 1, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00 AM	Body Pump Meredith	Cardio Combat Christy	Body Pump Julie	Cardio Combat Christy	Body Pump Meredith/Julie	
8:30-9:30 AM	Body Pump Jenny	Totally Tone Michelle	Kickboxing Michelle	STRONG Danielle	Step Monica	Advanced Step-Fit Monica
9:30-10:30 AM	Zumba/ Cardio Agility Martha Lisa H	Advanced Step Monica	Body Pump/Amanda Cardio Agility Lisa	Advanced Step Monica	Zumba Ana	Body Pump Julie
10:45-11:45 AM	AOA Strength Becky	11:00-11:30 AM AOA Impact+Step Tina	Youth Cardio 10:45-11:30	10:30-11:00 AM AOA Circuit Becky	AOA Strength Becky	9:00-10:30 PM Zumba In the GYM Ana
11:45-12:30 PM	Line Dancing Elvine	11:30 AM-12:00 PM AOA Strong & Stretch Tina	Zumba Martha	11:00-11:30 AM AOA Impact Becky 11:30 AM-12:00 PM AOA Strong & Stretch Becky	Feldenkrais 11:45-12:30 Becky	Sunday 1:30-2:30 PM 2:30-3:30 PM 3:30-4:30 PM Martial Arts **
12:00-1:00 PM	AOA Steering Committee 3rd Monday of the Month	ZumbaGold Tina				
11:45-1:00 PM	LIVESTRONG at the Y (Cancer survivors) registration required		LIVESTRONG at the Y (Cancer survivors) registration required			Cardio and Core 12:15-1:15 Georgina
4:00-5:00 PM	Martial Arts **					
5:30-6:30 PM	Body Pump Jenny	Zumba Honey	Body Pump Meredith	STRONG Jenny	Indonesian Kung Fu *	
6:30-7:30pm	6:30-7:30pm Zumba Jen/Yellow Room			6:30-7:30pm Zumba Jen/Blue Room		
6:40-7:40 PM	Martial Arts *	6:30-7:30pm Martial Arts Conditioning*	Martial Arts *			
7:15-8:30 PM	Aikido/Harry* Yellow room	Indonesian Kung Fu * 7:30-8:30pm	Aikido/Harry* Yellow room		Aikido/Harry* Yellow room	

INDOOR CYCLE	M	T	W	TH	F	
8:30-9:30 AM			RPM /Lisa P		RPM / Lisa P	
9:30-10:30 AM	RPM /Lisa P	RPM / Lisa H	CYCLE /Sharon	RPM /Lisa P	RPM / Lisa H	SATURDAY 8:30-9:15a RPM / Julie SUNDAY 4:00-4:45p Julie
12:00-1:00 PM		CYCLE /Sharon		CYCLE /Sharon		
6:00-6:45 PM	RPM / Julie	CYCLE / Jana	RPM / Monica	CYCLE /Whitney		

SPECIALTY	M	T	W	TH	F	Sa
6:00-7:00 AM	Bootcamp U. Jimmy		Bootcamp U. Jimmy		Bootcamp U. Jimmy	
8:00-9:00 AM	Weight Loss Challenge * Kindel		Weight Loss Challenge * Kindel		Weight Loss Challenge * Kindel	
9:00-10:00 AM		Weight Loss Challenge * Jenny		Weight Loss Challenge * Jenny	*Friday Option	
9:30-10:30 AM	Kindel's Bootcamp * Kindel		Kindel's Bootcamp * Kindel		Kindel's Bootcamp * Kindel	Please note: * additional fee for Specialty class. Please see the Front Desk for more information & to register.
4:00-5:00 PM						
5:30-6:30 PM						
6:00-7:00 PM						
6:15-7:15 PM		Weight Loss Challenge * Julia		Weight Loss Challenge * Julia		

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