


WINTER/SPRING 2012 GROUP EX SCHEDULE

Revised
Jan 16th-Spring 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PASS Body Pump 6-7am KIM	Indoor Cycling 6-7am SCOTT	Pure Strength 6-7am ALICE	Les Mills RPM 6-7am ALICE	Pure Strength 6-7am ALICE	
	Never Despair Backcare 7-8a BARB JO	Les Mills RPM 6-7am Linda	Never Despair Backcare 7-8am BARB JO		
Sport Interval 8-9am Q	NEW! Pilates/Yoga Fusion 7-8am SARAH	Sport Interval 8-9am Q		Sport Interval 8-9am Q	
LIVESTRONG YOGA 8-9am Yoga Studio	Indoor Cycling 9-10am BECKY	LIVESTRONG STRENGTH 8-9am Yoga Studio	NEW! Open Studio Yoga 8-9am Elizabeth	LIVESTRONG WALK 8-9am Yoga Studio	
Indoor Cycling 9-10am Jennifer Sosa	Power Yoga 9-10am Sarah/Elizabeth	Hatha Yoga 9-10am AMBER	Les Mills RPM 9-10am Tony Fuentes	Hatha Yoga 9-10am CAROLINE	
Hatha Yoga 9:15-10:15am AMBER	Zumba 9-10am Nikki	Pilates 9:30-10:30am Elizabeth	Yoga Plus 9-10am LISA K	NEW! Pilates 9:30-10:30am Elizabeth	
Pilates 9:30-10:30am ELIZABETH	Yoga for Energy 10-11:15am Elizabeth	Gentle Yoga 10:30-11:45am AMBER	ZUMBA 9-10am NIKKI	Gentle Yoga 10:30-11:45am AMBER	
Gentle Yoga 10:30-11:45AM JOGI	Zumba 11-11:55am Nikki		Yoga for Energy 10-11:15am Elizabeth		
NEW! TurboKick 11:15-12:15pm Barbara L. / Q	PASS Body Pump 11:00-12pm ELENA	NEW! TurboKick 11:15-12:15pm BARBARA L.	Zumba 11-11:55am Nikki	NEW! TurboKick 11:15-12:15pm ELENA/SARAH	
Pilates 12-1PM Laura S.	RESERVED COA Indoor Cycling 11:15-12noon	NEW! Pure Strength 12:15-1:15pm TONY	PASS Body Pump 11:00-12pm ELENA	NEW! Pure Strength 12:15-1:15pm LAURA	
NEW! Pure Strength 12:15-1:15pm LAURIE MCD	Mommy&Baby Yoga 11:15-12noon Courtney W.	Pilates 12-1pm Laura S.	RESERVED COA Indoor Cycling 11:15-12noon	Pilates Mat 12-1pm KIM	
Indoor Cycling 12:15-1:15pm BECKY	Turbo Kick 12:15-1:15 ELENA/SARAH	Intermediate Hatha 1-2pm LISA J.	Core Yoga 12-1pm SARAH		
LIVESTRONG 1:30-2:45PM AMP Studio		LIVESTRONG 1:30-2:45PM AMP Studio			
Prenatal Yoga/Pilates 3:30-4:15pm Courtney W.	Ashtanga Yoga 1:15-2:45pm LISA J.	Prenatal Yoga/Pilates 3:30-4:15pm Courtney W.	Ashtanga Yoga 1:15-2:45pm LISA J.	Beginning Yoga 5:30-6:30pm Mama	
RESERVED COA Indoor Cycling 4:30-5:15pm	Indoor Cycling 12:15-1:15pm TONY	RESERVED COA Indoor Cycling 4:30-5:15pm	Indoor Cycling 12:15-1:15pm BECKY	Hard Core 5:30-5:45pm TONY	
NEW! Dance Fit 4:30-5:30 Courtney W.	Hard Core 5-5:30pm DIANNE	NEW! Dance Fit 4:30-5:30 Courtney W.	Hard Core 5-5:30pm DIANNE	Pure Strength 5:45-6:30pm TONY	
Olympic Style Boxing 5:30-7pm DANNA	Ashtanga Fusion 5:30-6:40pm LISA J.	Olympic Style Boxing 5:30-7pm DANNA	Ashtanga Fusion 5:30-6:40pm LISA J.	NEW! Hip-Hop Hustle 5:30-6:30pm Q	
LIVESTRONG 5:30-6:45pm AMP Studio	ZUMBA 5:45-6:45pm Maria	LIVESTRONG 5:30-6:45pm AMP Studio	ZUMBA 5:45-6:45pm Diane	Yoga for Alignment 6:30-8pm LISA J.	
NEW! Cycle & Core 5:45-6:45pm PAM K.	Cycle & Core 5:45-6:45pm SUSAN	Beginning Yoga 5:30-6:30pm AMBER	Cycle & Core 5:45-6:45pm PAM K.		
Restorative Flow Yoga 5:30-6:30pm TWILA		TurboKick 5:45-6:45pm Q			
PASS Body Pump 5:45-6:45pm TONY F.	Pilates 6:00-7:00pm Kim	Les Mills RPM 5:45-6:45pm TONY	Pilates 6:00-7:00pm Kim		
NEW! KRAV MAGA 6:45-7:45pm Bart Brooks	PASS Body Pump 7-8pm Amanda	NEW! Hip Hop Hustle 6:45-7:45pm Q	PASS Body Pump 7-8pm Tony F.		
Gentle Yoga 6:45-7:45 pm AMBER	Tae Kwon Do 7-8pm AMP Studio	Kim Soo Austin 7-8:30pm AMP Studio	Tae Kwon Do 7-8pm AMP Studio		
Kim Soo Austin 7-8:30pm AMP Studio		PASS Body Pump 7-8pm Lauren			

Cardio Kickboxing
9-10am
DANNA

Hatha Yoga
11-12:30
LISA J.

Olympic Boxing
10-11:30 am
Danna

Zumba
12-1pm
BETHANY

Body Pump
1:15-2:15pm
ELENA

Sunday
Hatha Flow
4-5:15pm
AMBER

COLOR CODE
GROUP EX
STUDIO
AMP Studio
STANDARD
YOGA
STUDIO
Cycle/Spin
Studio
Class Requires Fee
Outside Program
non-member class

TownLake YMCA 512-542-9622 www.austinyymca.org
Note: Classes subject to be cancelled/removed from schedule if they consistently fall within 6-8 participant average.

PASS - Body Pump requires a pass. Please pick up at Welcome Center. Passes will be available 30 minutes before class.
New age limit for adult Group EX Classes: ages 12 and up allowed within all classes.
This schedule is not all inclusive for all group ex classes. Please refer to Aquatics, Seniors, and Youth & Family for other schedules.