



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ADULT FITNESS SCHEDULE

EAST COMMUNITIES YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fall 2011	6:00-7:00 Indoor Cycling		6:00-7:00 RPM	6:00-7:00 Core 'N More	6:00-7:00 RPM (Starts on 9/2/11)		
<u>Session Dates:</u> Aug 29-Sep 24 Oct 3-29 Oct 31-Dec 2 Dec 5-30	9:30-10:30 Aqua Fitness	9:15-10:15 50+Strength Training	9:30-10:30 Aqua Fitness	9:15-10:15 50+Strength Training	9:30-10:30 Aqua Fitness	9:30-10:30 Body Pump 10:00-11:00 Aqua Fitness 10:15-11:15 Yoga 11:00-12:00 Zumba	
Our Values: Caring, Respect, Faith, Responsibility, Honesty	5:30-6:30 Yoga	6:15-7:15pm Aqua Fitness	5:30-6:30 Yoga	6:15-7:15pm Aqua Fitness			
The mission of the YMCA of Austin is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.	6:00-7:00 Body Pump	6:00-7:00 Y-Fit	6:00-7:00 Body Pump	6:15-7:15 Zumba			
	6:00-7:00 Cardio/Core	6:30-7:30 Hatha Yoga	6:00-7:00 Cardio/Core	6:30-7:30 Hatha Yoga			
	6:00-7:00 RPM		6:00-7:00 Indoor Cycling				
	7:15-7:45 Abs		7:15-7:45 Abs				
	7:45-8:45 Adult Boxing	7:30-8:30 Tai Chi	7:45-8:45 Adult Boxing				



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