



January Group X

Hays Communities
Family Branch
#523-0099

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 - 6:15am Circuit Combo Eleni	5:15 - 6:15am Chisel Eleni		5:15 - 6:15am Chisel Eleni		
8:00 - 9:00am LES MILLS BODY PUMP™ Anna	8:00 - 9:10am Cross Training Eleni	8:00 - 9:00am LES MILLS BODY PUMP™ Anna	8:00 - 9:10am Cross Training Eleni	8:00 - 9:00am Cross Training Eleni	8:10 - 9:10am ZUMBA Jenn
8:15 - 9:15am Indoor Cycling (Fitness Center) Amy	9:10 - 10:10am Kickboxing Dottie	8:15 - 9:15am Indoor Cycling (Fitness Center) Amy	9:10 - 10:10am Kickboxing Dottie	9:00 - 10:00am LES MILLS RPM™ (Fitness Center) Alisha	9:00 - 10:00am Indoor Cycling (Fitness Center) Amy
9:10 - 10:10am ZUMBA Joanna	9:15 - 10:15am Indoor Cycling (Fitness Center) Natalie	9:10 - 10:10am ZUMBA Tone Joanna	9:15 - 10:15am Indoor Cycling (Fitness Center) Natalie	9:10 - 10:10am ZUMBA Joanna	9:15 - 10:15am LES MILLS BODY PUMP™ Anna
9:30 - 10:15am Indoor Cycling (Fitness Center) Curtis	10:15 - 11:15am LES MILLS BODY PUMP™ Dottie	10:15 - 11:15am LES MILLS BODY PUMP™ Alisha	10:15 - 11:15am LES MILLS BODY PUMP™ Dottie	10:15 - 11:15am LES MILLS BODY PUMP™ Alisha	
10:15 - 11:15am LES MILLS BODY PUMP™ Jill		11:30 - 12:30pm ZUMBA Gold Jenn			
11:30 - 12:30pm ZUMBA Gold Jenn					
4:30 - 5:30pm Cross Training Jill	4:30 - 5:30pm LES MILLS RPM™ (Fitness Center) Jill	4:30 - 5:30pm LES MILLS BODY PUMP™ Jill	4:30 - 5:30pm Indoor Cycling (Fitness Center) Jill	4:30 - 5:30pm LES MILLS BODY PUMP™ Laura	
5:15 - 6:15pm LES MILLS RPM™ (Fitness Center) Alisha	5:00 - 5:30pm Core Rosie	5:40 - 6:00pm Core (hallway) Jill	5:00 - 5:30pm Core Rosie		
5:30 - 6:30pm ZUMBA Joanna	5:30 - 6:30pm STEP Diane	5:40 - 6:40pm ZUMBA Melissa	5:30 - 6:30pm STEP Diane	5:40 - 6:40pm ZUMBA Melissa	
6:35 - 7:35pm LES MILLS BODY PUMP™ Alisha	6:30 - 7:15pm Cycle Combo (Fitness Center) Natalie	6:45 - 7:45pm LES MILLS BODY PUMP™ Laura New!	6:30 - 7:15pm Indoor Cycling (Fitness Center) Natalie		
7:45 - 8:45pm ZUMBA Christian	7:30 - 8:30pm ZUMBA Christian		7:30 - 8:30pm ZUMBA Christian		

Revised on 12/28/11

Visit us online at: www.austinyymca.org



January 2012

Group Yoga / Pilates

We build strong kids, strong families, strong communities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30 - 10:30am Pilates (Portable) Jen		9:30 - 10:30am Pilates (Portable) Jen		8:30 - 9:45am Gentle Yoga (Portable) Jogi
10:30 - 11:45am Yoga (Portable) Jen New!		10:30 - 11:45am Yoga (Portable) Jen New!			10:00 - 11:30am Yoga & Meditation (Portable) Jogi
	6:30 - 7:30 pm Pilates Plus Rosie		6:30 - 7:30 pm Pilates Plus Rosie		
	6:30 - 7:45pm Yoga (Portable) Barbara		6:30 - 7:45pm Yoga (Portable) Barbara		
	8:00 - 9:15pm Yoga (Portable) Barbara		8:00 - 9:15pm Yoga (Portable) Barbara		

Water Aerobics

We build strong kids, strong families, strong communities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Burn 9:30 - 10:30am Peggy	Fit for Life 9:30 - 10:30am Alice	Aqua Burn 9:30 - 9:30am Peggy	Fit for Life 9:30 - 10:30am Alice	Aqua Burn 9:30 - 10:30am Peggy	Aqua Burn 9:00 - 10:00am Rotating
Arthritis Aquatic Exercise 2:00 - 3:00pm Carolyn		Arthritis Aquatic Exercise 2:00 - 3:00pm Carolyn		Arthritis Aquatic Exercise 2:00 - 3:00pm Carolyn	
Aqua Burn 7:00 - 8:00pm Ann	Aqua Burn 7:00 - 8:00pm Peggy		Aqua Burn 7:00 - 8:00pm Peggy	Aqua Burn 7:00 - 8:00pm Joanna	
Masters Swimming 7:30 - 8:30 pm Russell			Masters Swimming 7:30 - 8:30pm Russell		

**A full description of classes can be found online, at the front desk or inside each Group X room.

Revised 12/28/11

Class Descriptions

Muscle Sculpt: The focus is on conditioning. Work to develop muscles through strength and endurance exercises. Shape and tone your body with high repetition movements for all your major muscle groups with the use of free weights.

Pilates: Strengthens the muscles that support the spine (neck, shoulders, abdominals, hips and thighs) to bring balance into the body. Most body aches and pains are due to muscular imbalance. Pilates helps to realign the spine in order to decrease tension, increase flexibility, and strengthen the body from the inside out.

Yoga: Ongoing yoga classes for all levels. Some props available to facilitate in the postures. The classes will accommodate a variety of expectations; be they going back to basics, focusing on alignment, high energy vinyasa, flowing from one pose to the next, or restorative practice. All of this in an effort to stay fully present in each moment. The by-product, greater strength, flexibility, and awareness.

Cross Training: a hybrid class of circuit and boot camp. Involves some running, and body weight drills outdoors, followed by a mix of barbell and dumbbell weight exercises indoors, however, modifications can be made for the running part by doing cardio indoors. The class will have a variety of different weight combinations and tempos to further stimulate the muscular system. The overall focus of the class is to increase one's muscular fitness which includes muscular endurance as well as muscular strength.

Indoor Cycling: This workout is designed to enhance muscular strength and endurance at every level. Each individual controls the intensity to meet their own level of fitness. If you can ride a bike, you can do this class!!!!

CORE: make your entire body stronger and more functional by focusing on the muscles that truly stabilize you! Get in, get out and on with your day! A great way to tone up your midsection.

STEP: A high energy cardio class utilizing the bench step to achieve maximum results! Appropriate for all levels and base moves provided for those less experienced.

ZUMBA: Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat.
*******Zumba Tone** - same great workout, but with the option of using light weights to enhance rhythm, build strength and tone all the target zones.

ZUMBA Gold: The Zumba Gold® program modifies the basic Zumba® program so it is safe and effective - but still consistently thrilling - for the active older adult as well as those just starting their journey to a fit and healthy lifestyle. Participants of every age and fitness level are welcome to join the Zumba Gold fitness-party at their own pace.

CHISEL: the purpose of this class is to enhance current fitness levels thru this advanced, funky, lift mix of barbell and free weights that will vary from one class to the next. Balance, core and agility exercises will be used to make the class more challenging as well as various strength, plyometrics, and endurance drills. Drive in and check it out!

RPM: Do you like outdoor cycling but want something indoor? When the main focus is to cycle to the beat of the music, you will be pushed farther than before! Come try this new class that keeps you on your feet!

Body Pump: Concentration of muscle endurance and stabilization is key. Like RPM, you go to the beat of the music. This class demands lots of focus, but also keeps it fun. With upbeat music, cool movements and lifts, these instructors will get your heart racing!