



December 1-17  
 North Austin Branch  
 December 1st - December 17th

1000 W. Rundberg Ln  
 Austin, TX 78758  
 (512) 973-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>5am</b>	<b>RPM™</b> Indoor Cycling Room Sean Mc 5:45am - 6:30am	<b>Aqua Cardio Mix</b> Instructional Pool Kendra J 5:45am - 6:30am	<b>RPM™</b> Indoor Cycling Room Sean Mc 5:45am - 6:30am	<b>Aqua Cardio Mix</b> Instructional Pool Kendra J 5:45am - 6:30am	<b>RPM™</b> Indoor Cycling Room Alexandra W 5:45am - 6:30am		
<b>7am</b>	<b>Zumba®</b> Group Exercise Room Colette M 7am - 8am						
<b>8am</b>	<b>BODYPUMP™</b> Group Exercise Room Tina R 8:15am - 9:15am	<b>Tai Chi</b> Yoga Studio Louis K 8am - 9am	<b>BODYPUMP™ Express</b> Group Exercise Room Tina R 8:30am - 9:15am	<b>Tai Chi</b> Yoga Studio Louis K 8am - 9am	<b>Mat Pilates</b> Yoga Studio Tina R 8am - 9am		
	<b>Aqua Interval</b> Instructional Pool Karen S 8:30am - 9:30am	<b>Zumba®</b> Group Exercise Room Vanessa W 8:15am - 9:15am	<b>Aqua Interval</b> Instructional Pool Karen S 8:30am - 9:30am	<b>PiYo® Live</b> Group Exercise Room Carrie H 8:15am - 9am	<b>Aqua Cardio Mix</b> Instructional Pool Helena T 8:30am - 9:30am		
	<b>RPM™ Express</b> Indoor Cycling Room Robin N 8:30am - 9am	<b>Aqua Cardio Mix</b> Instructional Pool Jenny M 8:30am - 9:30am		<b>Aqua Cardio Mix</b> Instructional Pool Jenny M 8:30am - 9:30am			
<b>9am</b>	<b>CXWORX®</b> Indoor Cycling Room Robin N 9am - 9:30am	<b>Hatha Yoga</b> Yoga Studio Helaine T 9:30am - 10:30am	<b>Vinyasa Yoga</b> Yoga Studio KC S 9am - 10am	<b>Step &amp; Strong</b> Group Exercise Room Tina R 9:15am - 10:15am	<b>Vinyasa Yoga</b> Yoga Studio KC S 9:30am - 10:30am	<b>RPM™</b> Indoor Cycling Room Jordan B 9am - 9:45am	
	<b>Vinyasa Yoga</b> Yoga Studio Joanna F 9am - 10am		<b>Zumba®</b> Group Exercise Room Tina R 9:30am - 10:30am	<b>Hatha Yoga</b> Yoga Studio Helaine T 9:30am - 10:30am	<b>Zumba®</b> Group Exercise Room Desiree H 9:30am - 10:30am	<b>Zumba®</b> Group Exercise Room Colette M 9am - 10am	
	<b>Zumba®</b> Group Exercise Room Tina R 9:30am - 10:30am				<b>RPM™</b> Group Exercise Room Jordan B 9:45am - 10:30am		
<b>10am</b>	<b>Hatha Yoga</b> Yoga Studio Margot V 10:15am - 11:15am	<b>RPM™</b> Indoor Cycling Room Robin N 10:15am - 10:45am	<b>Core</b> Yoga Studio Carrie H 10:15am - 11am	<b>RPM™</b> Indoor Cycling Room Robin N 10:15am - 10:45am	<b>CXWORX®</b> Group Exercise Room Jordan B 10:30am - 11am	<b>HIIT</b> Indoor Cycling Room Patrick L 10am - 11am	
			<b>CXWORX®</b> Group Exercise Room Tina R 10:30am - 11am	<b>Mat Pilates</b> Yoga Studio Kym W 10:30am - 11:30am		<b>BODYPUMP™ Express</b> Group Exercise Room Alcides C 10am - 10:30am	
				<b>BODYPUMP™</b> Group Exercise Room Alcides C 10:30am - 11:30am		<b>Yin Yoga</b> Yoga Studio Melissa G 10am - 11am	
						<b>Aqua Cardio Mix</b> Instructional Pool Jennifer K 10:15am - 11:15am	
						<b>CXWORX®</b> Group Exercise Room Sean Mc 10:30am - 11am	

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



December 1-17  
 North Austin Branch  
 December 1st - December 17th

1000 W. Rundberg Ln  
 Austin, TX 78758  
 (512) 973-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>11am</b>	<b>P90X® LIVE</b> Group Exercise Room Carrie H 11:15am - 12:15pm		<b>Cardio Agility</b> Group Exercise Room Jordan B 11:15am - 12:15pm	<b>Zumba® Gold</b> Group Exercise Room Fabiana R 11:30am - 12:15pm	<b>Cardio Agility</b> Group Exercise Room Jordan B 11:15am - 12:15pm	<b>Vinyasa Yoga</b> Yoga Studio Christy D 11:30am - 12:30pm	
				<b>Stretch</b> Yoga Studio Kym W 11:30am - 12pm			
<b>4pm</b>							<b>Yin Yoga</b> Yoga Studio Molli N 4:15pm - 5:15pm
<b>5pm</b>	<b>Zumba®</b> Group Exercise Room Desiree H 5:30pm - 6:30pm	<b>Active Older Adult Aqua Range of Motion</b> Instructional Pool Bill C 5pm - 6pm	<b>Zumba® Step</b> Group Exercise Room Desiree H 5:15pm - 6:15pm	<b>Active Older Adult Aqua Range of Motion</b> Instructional Pool Bill C 5pm - 6pm	<b>RPM™</b> Indoor Cycling Room Patrick L 5:15pm - 6pm		
	<b>RPM™</b> Indoor Cycling Room Alexandra W 5:45pm - 6:30pm	<b>BODYPUMP™ Express</b> Group Exercise Room Sean Mc 5:15pm - 6pm	<b>RPM™</b> Indoor Cycling Room Robin N 5:15pm - 6pm	<b>Zumba®</b> Group Exercise Room Dee E 5:15pm - 6:15pm	<b>Core</b> Group Exercise Room Alcides C 5:30pm - 6pm		
		<b>RPM™</b> Indoor Cycling Room Patrick L 5:15pm - 6pm					
<b>6pm</b>	<b>Breath and Mind</b> Yoga Studio Vinita B 6pm - 7:30pm	<b>Yin Yoga</b> Yoga Studio Margot V 6pm - 7pm	<b>Hatha Yoga</b> Yoga Studio Anastasia G 6pm - 7pm	<b>Gentle Hatha Yoga</b> Yoga Studio Anastasia G 6pm - 7:30pm	<b>Upper Body Strong</b> Group Exercise Room Alcides C 6pm - 6:30pm		
	<b>BODYPUMP™</b> Group Exercise Room Ashley W 6:30pm - 7:30pm	<b>CXWORX®</b> Group Exercise Room Sean Mc 6pm - 6:30pm	<b>HIIT</b> Indoor Cycling Room Patrick L 6:15pm - 7pm	<b>RPM™</b> Indoor Cycling Room Patrick L 6:15pm - 7pm	<b>BODYPUMP™</b> Group Exercise Room Alcides C 6:45pm - 7:45pm		
	<b>HIIT</b> Indoor Cycling Room Patrick L 6:45pm - 7:30pm	<b>Cardio Mix</b> Group Exercise Room Elaine T 6:30pm - 7:15pm	<b>BODYPUMP™</b> Group Exercise Room Ashley W 6:30pm - 7:30pm	<b>Cardio Mix</b> Group Exercise Room Elaine T 6:30pm - 7:15pm			
<b>7pm</b>		<b>Zumba®</b> Group Exercise Room Fabiana R 7:15pm - 8:15pm	<b>Zumba®</b> Group Exercise Room Dee E 7:30pm - 8:30pm	<b>Core</b> Indoor Cycling Room Patrick L 7:15pm - 7:45pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.