



Group Exercise Schedule

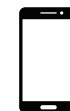
EAST COMMUNITIES YMCA

5315 Ed Bluestein Blvd. Austin, TX 78723 | 512.933.9622 | AustinYMCA.org

Fall 2018

	MON	TUE	WED	THUR	FRI	SAT	SUN
6am	BODYPUMP™ Group Exercise Studio Kelly C 6am - 7am	Cardio Agility Group Exercise Studio Kelly C 6am - 7am	BODYPUMP™ Group Exercise Studio Sam K 6am - 7am	Cardio Agility Group Exercise Studio Kelly C 6am - 7am	Cycling Cycling Studio Shane T 6am - 7am		
8am	BODYPUMP™ Group Exercise Studio Corinna A 8am - 9am	Cycling Cycling Studio Lauren M 8am - 9am	BODYPUMP™ Group Exercise Studio Cara H 8am - 9am	Cycling Cycling Studio Lauren M 8am - 9am	BODYPUMP™ Group Exercise Studio Cara H 8am - 9am	Zumba® Group Exercise Studio Maria B 8:15am - 9:15am	
9am	Aqua Interval Lap Pool Carrie R 9:30am - 10:30am	Vinyasa Yoga - Int/Adv Mind & Body Studio Hannah R 9am - 10:10am	Aqua Interval Lap Pool Carrie R 9:30am - 10:30am	Vinyasa Yoga - Int/Adv Mind & Body Studio Hannah R 9am - 10:10am	Aqua Interval Lap Pool Carence W 9:30am - 10:30am	BODYPUMP™ Group Exercise Studio Bridgid T 9:30am - 10:30am	
	Cardio Agility Group Exercise Studio Bridget T 9:30am - 10:30am	Active Older Adult Fitness Group Exercise Studio Carrie R 9:30am - 10:30am	Cardio Agility Group Exercise Studio Bridget T 9:30am - 10:30am	Active Older Adult Fitness Group Exercise Studio Carrie R 9:30am - 10:30am	Cardio Agility Group Exercise Studio Bridget T 9:30am - 10:30am	Cycling Cycling Studio Shane T 9:30am - 10:30am	
	Hatha Yoga Mind & Body Studio Hannah R 9:30am - 10:30am		Restorative Yoga Mind & Body Studio Annick M 9:30am - 10:30am		Hatha Yoga Mind & Body Studio Annick M 9:30am - 10:30am		
10am	Zumba® Group Exercise Studio Heba A 10:35am - 11:35am		STRONG by Zumba® Group Exercise Studio Heba A 10:35am - 11:35am		Zumba® Group Exercise Studio Heba A 10:35am - 11:35am	Gentle Hatha Yoga Mind & Body Studio Uma K 10:45am - 11:45am	
					Gentle Hatha Yoga Mind & Body Studio Margot V 10:45am - 11:45am	Cardio Funk Group Exercise Studio Leslie J 10:45am - 11:45am	
11am	SilverSneakers® Classic Group Exercise Studio Carrie F 11:45am - 12:30am		SilverSneakers® Classic Group Exercise Studio Carrie F 11:45am - 12:30am				
12pm	Mat Pilates Mind & Body Studio Cara H 12pm - 12:45pm	Cardio Funk Group Exercise Studio Leslie J 12pm - 12:45pm	Mat Pilates Mind & Body Studio Cara H 12pm - 12:45pm	Cardio Funk Group Exercise Studio Leslie J 12pm - 12:45pm	Line Dancing Group Exercise Studio Brenda M 12pm - 1pm	Aqua Interval Lap Pool Jennifer K 12pm - 1pm	

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



DOWNLOAD OUR MOBILE APP to stay up to date on class changes, cancelations, & instructor substitutions. Available on Google Play and iOS App Store



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	MON	TUE	WED	THUR	FRI	SAT	SUN
2pm							Zumba® Group Exercise Studio Hannah W 2pm - 3pm
3pm							Yoga Strong Mind & Body Studio Uma K 3:15pm - 4:15pm
4pm							Restorative Yoga Mind & Body Studio Helaine T 4:30pm - 5:45pm
5pm	Hatha Yoga Mind & Body Studio Uma K 5:30pm - 6:30pm	BODYPUMP™ Group Exercise Studio Brie M 5:25pm - 6:25pm	Hatha Flow Mind & Body Studio Annick M 5:30pm - 6:30pm	BODYPUMP™ Group Exercise Studio Brie M 5:25pm - 6:25pm			
	Cardio Mix Group Exercise Studio Sharon L 5:45pm - 6:30pm		Cardio Mix Group Exercise Studio Sharon L 5:45pm - 6:30pm				
6pm	Cycling Cycling Studio Shane T 6:15pm - 7:15pm	Strong Mind & Body Studio Carrie R 6pm - 6:55pm	Cycling Cycling Studio Shane T 6:15pm - 7:15pm	Strong Mind & Body Studio Carrie R 6pm - 6:55pm	Zumba® Group Exercise Studio Hannah W 6pm - 7pm		
	BODYCOMBAT™ Group Exercise Studio Bridgid T 6:35pm - 7:35pm	Zumba® Group Exercise Studio Hannah W 6:35pm - 7:35pm	BODYCOMBAT™ Group Exercise Studio Brie M 6:35pm - 7:35pm	STRONG by Zumba® Group Exercise Studio Corinna A 6:30pm - 7:30pm			
	Yoga Strong Mind & Body Studio Uma K 6:45pm - 7:45pm		Yoga Strong Mind & Body Studio Uma K 6:45pm - 7:45pm				
7pm		Gentle Hatha Yoga Mind & Body Studio Dexy V 7pm - 8pm		Gentle Hatha Yoga Mind & Body Studio Dexy V 7pm - 8pm			

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