

NORTHWEST FAMILY YMCA THE TRIANGLE ROOM

Cardio/ Strength

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
THE TRIANGLE ROOM	8:15-9:15am Mat Pilates Beginner Christine	9:30-10:30am Turbo Kick Lindsey	9:30-10:30am Body Pump Y instructor	9:30-10:30am Cardio Kickboxing Julie	9:35-10:30am HIIT/Core Jennifer P		
Fall Schedule	11:45-12:30 Body Pump Express 12:30-1:00pm CX Kara	12-1pm Body Pump Kara 4:30pm-5:15pm Cardio Kickboxing Julie		12-1pm Body Pump Exp/CXWorx Kara	12-1pm PiYo Lindsey		12:30-1:00pm CX Julie
*Fee Based							
# Senior							
± Special Needs	5:30-6:30pm Body Pump Julie	5:30-6:30pm Strong Julie	5:30-6:30pm Body Pump Julie				1:30-2:30pm MixxedFit Chasity
∞ Outdoor Class							
	7-8pm MixxedFit Chasity	7-8pm Body Pump Cat	7-8pm Cardio MixxedFit Kayla	7-8pm Body Pump Cat	6:30-7:30pm Zumba Nidia		2:35-3:35pm Zumba Gaby

THE BERT WEST CYCLE ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
THE BERT WEST ROOM	9:35-10:35am Cycling Suzanne		9:35-10:30am Cycling Int/Adv Lisa H.	6-7am Cycling Suzanne		8:15-9am Cycling Y Instructor	
Fall Schedule	4:30-5:15pm Cycling Julie	9:35-10:30am Cycling Suzanne	4:30-5:15pm Cycling Monica		9:35-10:30am Cycling Suzanne		11:30-12:15pm Cycling Julie
	6-7pm Cycling Alice	6:00-7pm Cycling Alice F	7-8:30pm Tri Training* Casey				

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