

Hays Communities YMCA

WINTER Group Exercise Schedule

(effective December 1st thru February 28th)



last revised on 1/8/18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Main Group Exercise Room	BodyPump 5:30 - 6:30am Adrian	Tabata BootCamp 5:15-6:00am Amber (fee based)	BodyPump 5:30 - 6:30am Adrian/Julie	Tabata BootCamp 5:15-6:00am Amber (fee based)	BodyPump-Express 6:00 - 6:45am Amy		
	BodyPump 8:00-9:00am Anna	Senior Fitness 8:10- 9:05am Cyndi	BodyPump 8:00-9:00am Marla	Cardio Caliente 8:20 - 9:05am Kim	BodyCombat 8:00-9:00am Anna	Zumba® Fitness 8:10 - 9:05am Joyce	
	BodyCombat Express 9:10 - 9:55am Nicole	BodyPump Express 9:15-9:45am Megan	Cardio Funk 9:10 - 10:05am Ericka	BodyPump Express 9:15 - 9:45am Lisa	Senior Fitness 8:15- 9:10am (Zen Room) Cyndi	BodyPump 9:20-10:20am Adrian/Marla	
	Cardio Caliente Gold 10:05 - 10:55am Ina	CXWORX 9:50 - 10:20am Megan	Cardio Agility 9:15 - 10:15am (Group X B) Alisha	CXWORX 9:50 - 10:20am Lisa	Cardio Caliente 9:10-10:05am Kim	BodyCombat 10:25-11:25am Adrian/Marla	
	Cardio Funk 11:00 - 11:55am Ericka	BodyCombat 10:25-11:25am Lisa	Senior Fitness 10:30 - 11:25am Cyndi	BodyCombat 10:25-11:25am Nicole	BodyPump-Express 10:15-10:45am Alisha		
	Zumba® Fitness 12:00 - 12:55pm Gabby	Senior Fitness 10:30 - 11:25am (Zen Room) Joanna	Zumba® Fitness 11:30 - 12:25pm Cyndi	Senior Fitness 10:30 - 11:25am (Zen Room) Joanna	CXWORX 10:50 - 11:20am Alisha		
		Cardio Caliente 11:30 - 12:25pm Ina		Cardio Caliente Gold 11:30 - 12:25pm Ina	Cardio Caliente Gold 11:30-12:25pm Ina		
					Senior Stretch 12:30 - 12:55pm Ina		
						Sunday	
		BodyPump 4:00 - 5:00pm Joanna	Cardio Agility 4:30 - 5:20pm Natalie	BodyCombat 4:00-5:00pm Anna	African Dance 4:15 - 5:15pm (Zen Room) Karen	BodyPump 4:00-5:00pm Diane	BodyPump 2:15 -3:15pm Diane/Joanna
		CXWORX 5:10- 5:40pm Joanna	BodyPump-Express 5:30 - 6:00pm Diane	CXWORX 5:05-5:35pm Diane	Cardio Agility 4:30 - 5:20pm Natalie		CXWORX 3:20 - 3:50pm Diane/Joanna
		Body Combat Express 5:45- 6:30pm Marla	CXWORX 6:05 - 6:35pm Diane	Zumba® Fitness 5:40-6:35pm Christian	BodyPump-Express 5:30 - 6:00pm Diane	Family Dance 6:15 - 7:15pm Cynthia	Cardio Funk 4:00 - 4:55pm Cynthia
		BodyPump 6:45 - 7:45pm Alisha	BodyCombat 6:50-7:50pm Adrian	BodyPump 6:55-7:55pm Adrian/Julie	CXWORX 6:05 - 6:35pm Diane		Barre Fit 5:00 - 5:55pm Cynthia
		Zumba® Fitness 7:55 - 8:50pm Joyce	Zumba® Fitness 7:55- 8:50pm Christian	Barre Fit 7:00 - 7:55pm (Zen Room) Cynthia	BodyCombat 6:50-7:50pm Marla		
				Zumba® Fitness 7:55- 8:50pm Joyce			
LIVESTRONG @ the YMCA is a FREE 12 week strength training program for cancer survivors - inquire at Welcome Center							

***A full description of classes can be found on our YMCA of Austin App, online and/or in-house

Ages 12+ allowed in classes

Jill Adams - Health & Wellness Director

jadams@austinyymca.org

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mind/Body	Vinyasa/Slow Flow 8:15 - 9:15am (Zen Room) Abi	Vinyasa Yoga (Int/Adv) 8:15 - 9:15am (Zen Room) Maria	Gentle Hatha Flow 8:15 - 9:15am (Zen Room) Jennifer	Vinyasa Yoga (Int/Adv) 8:15 - 9:15am (Zen Room) Maria		Gentle Yoga 8:15-9:15am (Zen Room) Mamta
	Vinyasa Yoga (Beg/Int) 9:30 - 10:30am (Zen Room) Maria	Mat Pilates (Beg/Int) 9:30 - 10:25am (Zen Room) Rosie	Vinyasa/Power Flow 9:30 - 10:30am (Zen Room) Jamie	Mat Pilates (Beg/Int) 9:30 - 10:25am (Zen Room) Maria	Vinyasa Yoga (Beg/Int) 9:30 - 10:30am (Zen Room) Maria	Family Yoga 9:30 - 10:15am (Zen Room) Mamta
	Hatha/Deep Stretch 10:35 - 11:15am (Zen Room) Jamie	BodyFlow 11:30-12:30pm (Zen Room) Megan	Breath & Mind 10:30 - 11:00am (Zen Room) Jamie	BodyFlow 11:30-12:30pm (Zen Room) Megan	Hatha/Deep Stretch 10:35 - 11:15am (Zen Room) Jamie	
	Tai Chi 11:30 - 12:30pm (Zen Room) Brenda		Tai Chi 11:30 - 12:30pm (Zen Room) Brenda		Vinyasa/Slow Flow 11:30 - 12:30pm (Zen Room) Abi	Gentle Hatha Flow 2:00 - 3:00pm (Zen Room) Jennifer
	BodyFlow 6:15 - 7:15pm (Zen Room) Megan	Vinyasa Yoga (Beg/Int) 6:45 - 7:45pm (Zen Room) Maria		Vinyasa Yoga (Beg/Int) 6:45 - 7:45pm (Zen Room) Maria		
						Sunday

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool	Aqua Dance 8:30 -9:25am Joanna					
	Aqua Core 9:30 - 10:30am Joanna	Senior Aqua ROM 9:15 - 10:15am Joanna	Aqua Strong 9:15 -10:15am Lizbeth	Senior Aqua ROM 9:15 -10:15am Joanna	Aqua Strong 9:30 - 10:30am Melody	Aqua Strong 9:00-10:00am Eva
		Arthritis Aqua Ex 10:50-11:50am Peggy		Arthritis Aqua Ex 10:50-11:50am Peggy		
	Arthritis Aqua Ex 2:00 - 3:00pm Ann		Arthritis Aqua Ex 2:00 - 3:00pm Peggy		Arthritis Aqua Ex 2:00 - 3:00pm Ann	
	Aqua Interval 6:15 -7:15pm Eva	Aqua Strong 7:00-8:00pm Joanna	Aqua Interval 7:00-8:00pm Joanna			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CYCLE AREA			All Level Cycling 8:15 - 9:00am Jill (Group X B)			All Level Cycling 8:10 - 9:10am Jill (Group X B)
	All Level Cycling 9:10 - 10:10am Jill (Group X B)	All Level Cycling 8:45 - 9:45am Amy (Group X B)		All Level Cycling 8:45 - 9:45am Amy (Group X B)	HIIT Cycle 9:30 - 10:00am Alisha (Group X B)	
		All Level Combo Cycle 5:00 - 5:45pm Aubrey (Group X B)	All Level Cycling 4:15 - 5:15pm Jill/Aubrey (Group X B)	All Level Combo Cycle 5:00 - 5:45pm Aubrey (Group X B)		
	All Level Cycling 5:30 - 6:30pm Alisha (Group X B)	All Level Cycling 6:00 - 6:45pm Aubrey (Group X B)	All Level Cycling 5:45 - 6:45pm Danielle (Group X B)	All Level Cycling 6:00 - 6:45pm Aubrey (Group X B)		