



September 2017  
 North Austin Branch  
 September 1st - September 30th

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



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	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 - 12:30pm	<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>3pm</b>							<b>Zumba®</b> Group Exercise Room Fabiana R 3pm - 4pm
<b>4pm</b>							<b>Yin Yoga</b> Yoga Studio Molli N 4:15pm - 5:15pm
<b>5pm</b>	<b>RPM™</b> Indoor Cycling Room Robin N 5:15pm - 6pm	<b>Senior Aqua Range of Motion</b> Instructional Pool Bill C 5pm - 6pm	<b>RPM™</b> Indoor Cycling Room Robin N 5:15pm - 6pm	<b>Senior Aqua Range of Motion</b> Instructional Pool Bill C 5pm - 6pm	<b>RPM™</b> Indoor Cycling Room Patrick L 5:15pm - 6pm		
	<b>Zumba®</b> Group Exercise Room Desiree H 5:30pm - 6:30pm	<b>BODYPUMP™ Express</b> Group Exercise Room Sean Mc 5:15pm - 6pm	<b>Zumba® Step</b> Group Exercise Room Desiree H 5:15pm - 6:15pm	<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>HIIT</b> Indoor Cycling Room Patrick L 6:15pm - 7:15pm	<b>CXWORX®</b> Group Exercise Room Sean Mc 6pm - 6:30pm	<b>HIIT</b> Indoor Cycling Room Patrick L 6:15pm - 7:15pm	<b>RPM™</b> Indoor Cycling Room Patrick L 6:15pm - 7pm	<b>BODYPUMP™</b> Group Exercise Room Alcides C 6:45pm - 7:45pm		
	<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>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>Vinyasa Yoga</b> Yoga Studio Danielle S 7pm - 8pm	<b>Zumba®</b> Group Exercise Room Dee E 7:30pm - 8:30pm	<b>Core</b> Indoor Cycling Room Patrick L 7:15pm - 7:45pm			
		<b>Zumba®</b> Group Exercise Room Fabiana R 7:15pm - 8:15pm	<b>Core</b> Terrace Chelsea E 7:30pm - 8pm				

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