



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Spring 2017

North Austin Branch

April 1st - April 30th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	RPM™ Indoor Cycling Room Sean McNeal . 5:45am - 6:30am	R.I.P.P.E.D.® Group Exercise Room Prisca G 5:45am - 6:45am	RPM™ Indoor Cycling Room Sean Mc 5:45am - 6:30am				
7am	Zumba® Group Exercise Room Colette M 7am - 8am						
8am	BODYPUMP™ Group Exercise Room Alcides C 8:15am - 9:15am	Tai Chi Yoga Studio Louis K 8am - 9am	Aqua Interval - Beginner Instructional Pool Helena T 8:30am - 9:30am	Tai Chi Yoga Studio Louis K 8am - 9am	Mat Pilates Yoga Studio Tina R 8am - 9am		
	Aqua Interval - Beginner Instructional Pool Karen S 8:30am - 9:30am	Zumba® Group Exercise Room Vanessa W 8:15am - 9:15am	BODYPUMP™ Express Group Exercise Room Tina R 8:30am - 9:15am	PiYo® Group Exercise Room Carrie H 8:15am - 9am	Aqua Interval - Intermediate/Advanced Instructional Pool Kendra J 8:15am - 9:45am		
	RPM™ Express Indoor Cycling Room Robin N 8:30am - 9am	Aqua Cardio Mix Instructional Pool Jenny M 8:30am - 9:30am	RPM™ Indoor Cycling Room Jordan B 8:30am - 9:15am	Aqua Cardio Mix Instructional Pool Jenny M 8:30am - 9:30am			
9am	Vinyasa Yoga Yoga Studio Joanna F 9am - 10am	Hatha Yoga Yoga Studio Helaine T 9:30am - 10:30am	Vinyasa Yoga Group Exercise Room KC S 9am - 10am	Step & Strong Group Exercise Room Tina R 9:15am - 10:15am	Zumba® Group Exercise Room Desiree H 9:30am - 10:30am	RPM™ Indoor Cycling Room Jordan B 9am - 9:45am	
	CXWORX® Indoor Cycling Room Robin N 9am - 9:30am	Turbo Kick LIVE® Group Exercise Room Carrie H 9:30am - 10:15am	Zumba® Group Exercise Room Tina R 9:30am - 10:30am	Hatha Yoga Yoga Studio Helaine T 9:30am - 10:30am	Vinyasa Yoga Yoga Studio KC S 9:30am - 10:30am	Zumba® Group Exercise Room Colette M 9am - 10am	
	Zumba® Group Exercise Room Tina R 9:30am - 10:30am						
10am	CXWORX® Group Exercise Room Tina R 10:30am - 11am	RPM™ Express Indoor Cycling Room Robin N 10:15am - 10:45am	Functional Core Yoga Studio Carrie H 10:15am - 11am	RPM™ Express Indoor Cycling Room Robin N 10:15am - 10:45am	CXWORX® Group Exercise Room Jordan B 10:30am - 11am	Yin Yoga Yoga Studio Melissa G 10am - 11am	
			CXWORX® Group Exercise Room Tina R 10:30am - 11am	BODYPUMP™ Group Exercise Room Tina R 10:30am - 11:30am		BODYPUMP™ Express Group Exercise Room Alcides C 10am - 10:30am	
				Mat Pilates Yoga Studio Kym W 10:30am - 11:30am		HIIT Indoor Cycling Room Patrick L 10am - 11am	
						Aqua Interval - Intermediate/Advanced Instructional Pool Jennifer K 10:15am - 11:15am	

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
						CXWORX® Group Exercise Room Sean McNeal . 10:30am - 11am	
11am	Cardio Agility Group Exercise Room Jordan B 11:15am - 12:15pm		Cardio Agility Group Exercise Room Jordan B 11:15am - 12:15pm		Cardio Agility Group Exercise Room Jordan B 11:15am - 12:15pm	Vinyasa Yoga Yoga Studio Christy D 11:30am - 12:30pm	
12pm	Hatha Yoga Yoga Studio Margot V 12pm - 1pm						
3pm							Zumba® Group Exercise Room Fabiana R 3pm - 4pm
4pm	Tai Chi Yoga Studio Yayoi N 4pm - 5pm		Tai Chi Yoga Studio Yayoi N 4pm - 5pm				Yin Yoga Yoga Studio Molli N 4:15pm - 5:15pm
5pm	RPM™ Indoor Cycling Room Melissa W 5:15pm - 6pm	Senior Aqua Range of Motion Instructional Pool Bill C 5pm - 6pm	RPM™ Indoor Cycling Room Melissa W 5:15pm - 6pm	Senior Aqua Range of Motion Instructional Pool Bill C 5pm - 6pm	RPM™ Indoor Cycling Room Patrick L 5:15pm - 6pm		
	Zumba® Group Exercise Room Desiree H 5:30pm - 6:30pm	BODYPUMP™ Express Group Exercise Room Sean McNeal . 5:15pm - 6pm		Zumba® Group Exercise Room Dee E 5:15pm - 6:15pm	Core Group Exercise Room Alcides C 5:30pm - 6pm		
		RPM™ Indoor Cycling Room Patrick L 5:15pm - 6pm					
6pm	Breath and Mind Yoga Studio Vinita B 6pm - 7pm	CXWORX® Group Exercise Room Sean McNeal . 6pm - 6:30pm	Hatha Yoga Yoga Studio Anastasia G 6pm - 7pm	Gentle Hatha Yoga Yoga Studio Anastasia G 6pm - 7:30pm	Upper Body Strong Group Exercise Room Alcides C 6pm - 6:30pm		
	HIIT Indoor Cycling Room Patrick L 6:15pm - 7:15pm	Cardio Mix Group Exercise Room Elaine T 6:30pm - 7:15pm	HIIT Indoor Cycling Room Patrick L 6:15pm - 7:15pm	RPM™ Indoor Cycling Room Patrick L 6:15pm - 7pm	BODYPUMP™ Group Exercise Room Alcides C 6:45pm - 7:45pm		
	BODYPUMP™ Group Exercise Room Sean M 6:30pm - 7:30pm		BODYPUMP™ Group Exercise Room Sean M 6:30pm - 7:30pm	Cardio Mix Group Exercise Room Elaine T 6:15pm - 7pm			
7pm		Vinyasa Yoga Yoga Studio Danielle S 7pm - 8pm	Zumba® Group Exercise Room Dee E 7:30pm - 8:30pm	Core Indoor Cycling Room Patrick L 7:15pm - 7:45pm			
		Zumba® Group Exercise Room Fabiana R 7:15pm - 8:15pm		Yin Yoga Yoga Studio Margot V 7:30pm - 8:30pm			

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