



Group Exercise Winter 2019

Southwest Family YMCA

MORNING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:35-6:35am Cycling-All Levels Laurie Cycle Studio	5:35-6:20am RPM™ Cycling Allison/Albino Cycle Studio		5:35-6:35am Body Pump™ Jayna Group Ex Studio	All cycle classes are now accessible for members with wheelchairs through the use of our new arm Krank cycles located in the cycle room.	
	6:05-7:00am Cardio Funk Cindy Group Ex Studio		6:05-7:00am Cardio Funk Cindy Group Ex Studio	5:35-6:35am Cycling-All Levels Laurie Cycle Studio		
	6:30-7:15m Barre Fit Annick M Yoga/Pilates Room		7:30-8:20am Vinyasa Yoga Annick M Group Ex Studio	8:10-8:55am Body Pump Express™ Lee P Group Ex Studio		
8:10-9:10am Body Pump™ Lee P Group Ex Studio	8:30-9:00am Resistance Annick M Group Exercise Room	8:10-9:10am Body Pump™ Jessica Group Ex Studio	8:05-9:00am Barre Fit Emily Yoga/Pilates Room		8:05-8:55am Cardio Funk Cindy Group Ex Studio	
8:25-9:25am Zumba® Gold Barbara Yoga/Pilates Room	7:30-8:20am Vinyasa yoga Annick M Group Exercise Room	8:25-9:25am Zumba® Gold Barbara Yoga/Pilates Room	8:30-9:00am Resistance Annick M Group Exercise Room	8:25-9:25am Zumba® Gold Barbara Yoga/Pilates Room	8:00-9:00am Power Yoga Jill Yoga/Pilates Room	
8:30-9:30am Cycling-All Levels Kristen> Cycle Studio	8:45-10:00am Int. Hatha Yoga Rebecca Yoga/Pilates Room	8:30-9:30am Cycle-All levels Kristen Cycle Studio	9:15-10:05am Tabata Rocky Group Ex Studio	9:00-9:30am CXWORX™ Meghan P Group Ex Studio	9:10-10:05am Barre Fit Cindy Yoga/Pilates Room	
9:15-10:05am STRONG by Zumba Rocky Group Ex Studio	9:15-10:05am Tabata Rocky Group Ex Studio	9:15-10:05am STRONG by Zumba Rocky Group Ex Studio	*NEW*			
	9:20-10:20am Cycling-All Levels Smitha Cycle Studio	9:30-10:15am Barre Fit Kate Yoga/Pilates Room	9:15-10:15am Zumba® Sharon Yoga/Pilates Room	9:35-10:05am Body Combat Express™ Meghan P Group Ex Studio	9:00-10:00am Body Combat™ Lee Group Ex Studio	
9:45-10:45am Ballet Fit Annick Yoga/Pilates Room	10:00-11:30am Beg./Int. Tai Chi John Program Center	10:00-11:30am Beg./Int. Tai Chi John Program Center	10:10-11:10am Cycling-All Levels Jessica Cycle Studio	9:30 - 10:15am Barre Fit Carrie Yoga/Pilates Room	9:00-9:45am RPM™ Cycling Amy> Cycle Studio	*Special Needs Adaptive Programs
	10:15-11:15am Zumba® Vanessa Yoga/Pilates Room	10:10-11:10am Senior Fitness Shauna Group Ex Studio	10:20-11:20am Rock N' Roll Vinyasa Annick M Yoga/Pilates Room	10:10-11:10am Senior Fitness Shauna Group Ex Studio	10:10am-10:40am CXWORX™ Amy H. Yoga/Pilates Room	
10:10-11:10am Senior Fitness Shauna Group Ex Studio	10:20-11:20am Body Pump™ Meghan Group Ex Studio	10:20-11:05am Pilates Kate Yoga/Pilates Room	10:20-11:20am Body Pump™ Meghan P Group Ex Studio	10:15-11:15am Cycling-All Levels Smitha Cycling Studio	10:10-11:10am Body Pump™ Rotating Instructors Group Ex Studio	> new Krank cycles feature independent crank arms, rotating headstock and removable saddle to provide wheelchair access
	11:25am-11:55am CXWORX™ Meghan Group Ex Studio	11:00-12:00pm Cycling-All Levels Smitha Cycle Studio	11:25am-11:55am CXWORX™ Meghan P Group Ex Studio	10:20-11:05am Barre Fit Carrie Yoga/Pilates Room	11:00-12:00pm Barre Fit Emily I Yoga/Pilates Room	
11:10-12:10pm Gentle Yoga Rebecca Yoga/Pilates Room	11:10-12:10pm Gentle Yoga Rebecca Yoga/Pilates Room	11:10-12:10pm Gentle Yoga Rebecca Yoga/Pilates Room	10:45-11:30am Qigong John Program Center	11:10-12:10pm Gentle Yoga Kathleen Yoga/Pilates Room		
11:30am-12:30pm Cardio Funk Melanie Group Ex Studio	11:45-12:45pm Mat Pilates Teresa Yoga/Pilates Room	11:30-12:30pm Cardio Funk Melanie Group Ex Studio	11:30am-12:30am Gentle Yoga Kristi S. Yoga/Pilates Room	11:15-12:15pm Y Cardio Dance Vanessa M Group Ex Studio	11:30-12:30pm Zumba® Rebecca S Group Ex Studio	
12:30-1:30pm Vinyasa Yoga Annick Yoga/Pilates Room		12:30pm-1:30pm Hatha Yoga Rebecca Yoga/Pilates Room		12:30-1:30pm Vinyasa Yoga Kathleen Yoga/Pilates Room		
NEW						



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EVENING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						3:00-4:00pm Zumba® Megan M Group Ex Studio
	4:30-5:25pm Body Combat™ Amy M. Group Ex Studio					4:15-5:15pm Body Pump™ Rotating Instructors Group Ex Studio
	5:00-5:25pm Stretch Shauna Yoga/Pilates		5:00-5:25pm Stretch Shauna Yoga/Pilates Room	5:00-6:00pm Body Combat™ Amy M Group Ex Studio		
5:30-6:30pm Hatha Yoga Claudette Yoga/Pilates	5:30-6:30pm Step & Strong Shauna Yoga/Pilates	5:25-6:25pm Vinyasa Yoga Kristi S Yoga/Pilates Room	5:30-6:30pm Step & Strong Shauna Yoga/Pilates	5:00-6:00pm Combo Cycling Matt D. Cycle Studio **NEW Starting 7/27**		
5:30-6:30pm Body Pump™ Jayna Group Ex Studio	5:30-6:30pm Zumba® Phil Group Ex Studio	5:30-6:30pm Body Pump™ Jayna/Gilbert Group Ex Studio			All cycle classes are now accessible for members with wheelchairs through the use of our new arm Krank cycles located in the cycle room.	
		5:30-6:30pm RPM™ Cycling Amy H. Group Ex Studio	6:00-6:45pm RPM™ Cycling Allison/Albino> Cycle Studio			
			6:35-7:35pm Body Pump™ Rotating instructors Group Ex Studio			
6:35-7:35pm Body Combat™ Amy M. Group Ex Studio	6:35-7:35pm Body Pump™ Gilbert Group Ex Studio	6:35-7:35pm Cardio Funk Rendi Group Ex Studio	6:45-7:45pm Hatha Flow Yoga Jill Yoga/Pilates		*Special Needs Adaptive Programs	>our new Krank cycles feature independent crank arms, rotating headstock and removable saddle to provide wheelchair access
	6:45-7:45pm Hatha Flow Yoga Rebecca B Yoga/Pilates Room			7:00 - 8:00pm Relaxing Yoga Claudette Yoga/Pilates Room		

For questions about our Group Exercise Programs, Personal and Group Training, or Health and Wellness opportunities, please contact

Molly Short

Health and Wellness Coordinator

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Last Updated 1/8/2019