



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

February Group Exercise Schedule

East Communities YMCA

February 1st - February 28th

5315 Ed Bluestein Blvd.

Austin, TX 78723

(512) 933-9622

| | MON 1 | TUE 2 | WED 3 | THU 4 | FRI 5 | SAT 6 | SUN 7 |
|------|---|--|---|--|---|---|---|
| 6am | BODYPUMP™ Group Exercise Studio Lauren M 6am - 7am | Cardio Agility Group Exercise Studio Carrie R 6am - 7am | BODYPUMP™ Group Exercise Studio Lauren M 6am - 7am | Cardio Agility Group Exercise Studio Carrie R 6am - 7am | Cycling - All Levels Cycling Studio Shane T 6am - 7am | | |
| 8am | BODYPUMP™ Group Exercise Studio Sam K 8am - 9am | Cycling - All Levels Cycling Studio Lauren M 8am - 9am | BODYPUMP™ Group Exercise Studio Sam K 8am - 9am | Cycling - All Levels Cycling Studio Lauren M 8am - 9am | BODYPUMP™ Group Exercise Studio YMCA Staff 8am - 9am | Zumba® Group Exercise Studio Leslie J 8:15am - 9:15am | |
| 9am | Aqua Fit Lap Pool Carrie R 9:30am - 10:30am | Hatha Yoga Mind & Body Studio Anna L 9am - 10am | Aqua Fit Lap Pool Carrie R 9:30am - 10:30am | Hatha Yoga Mind & Body Studio Anna L 9am - 10am | Cardio Agility Group Exercise Studio Staff Sub 9:30am - 10:30am | Cycling - All Levels Cycling Studio Shane T 9:30am - 10:30am | |
| | Hatha Yoga Mind & Body Studio Anna L 9:30am - 10:30am | Senior Fitness Group Exercise Studio Carrie R 9:30am - 10:30am | Cardio Agility Group Exercise Studio Bridget T 9:30am - 10:30am | Senior Fitness Group Exercise Studio Carrie R 9:30am - 10:30am | Cardio Agility Group Exercise Studio Bridget T 9:30am - 10:30am | BODYPUMP™ Group Exercise Studio Brie M 9:30am - 10:30am | |
| | Cardio Agility Group Exercise Studio Bridget T 9:30am - 10:30am | | Hatha Yoga Mind & Body Studio Sarah S 9:30am - 10:30am | | Aqua Fit Lap Pool Lauren M 9:30am - 10:30am | | |
| | | | | | Hatha Yoga Mind & Body Studio Sarah S 9:30am - 10:30am | | |
| 10am | Zumba® Group Exercise Studio Heba A 10:35am - 11:35am | | Zumba® Group Exercise Studio Heba A 10:35am - 11:35am | Gentle Hatha Yoga Group Exercise Studio Margot V 10:15am - 11:15am | Zumba® Group Exercise Studio Heba A 10:35am - 11:35am | Gentle Hatha Yoga Mind & Body Studio Molli N 10:45am - 11:45am | |
| 11am | | | | | | Cardio Funk Group Exercise Studio Leslie J 11am - 12pm | |
| 12pm | Mat Pilates Mind & Body Studio Cara H 12pm - 12:45pm | Cardio Funk Group Exercise Studio Leslie J 12pm - 12:45pm | Mat Pilates Mind & Body Studio Cara H 12pm - 12:45pm | Cardio Funk Group Exercise Studio Leslie J 12pm - 12:45pm | | Aqua Fit Lap Pool Jennifer K 12pm - 1pm | |
| 1pm | | | | | | Youth Tae Kwon Do Group Exercise Studio YMCA Staff 1pm - 1:30pm | |
| 2pm | | | | | | | Zumba® Group Exercise Studio Melody M 2pm - 3pm |
| 3pm | | | | | | | R.I.P.P.E.D.® Group Exercise Studio Leslie J 3:30pm - 4:30pm |
| 4pm | | | | | | | Restorative Yoga Mind & Body Studio Helaine T 4:30pm - 5:45pm |
| 5pm | Hatha Yoga Mind & Body Studio Kelsey K 5:30pm - 6:30pm | BODYPUMP™ Group Exercise Studio Tony F 5:25pm - 6:25pm | Hatha Yoga Mind & Body Studio Annick M 5:30pm - 6:30pm | BODYPUMP™ Group Exercise Studio Tony F 5:25pm - 6:25pm | | | |
| | | Aqua Fit Lap Pool | | Aqua Fit Lap Pool | | | |

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|------------|---|---|---|---|---|--|
| | Jennifer K 5:45pm - 6:45pm | | Jennifer K 5:45pm - 6:45pm | | | |
| 6pm | Cardio Mix Portables Sharon L 6pm - 7pm | Strong Mind & Body Studio Carrie R 6pm - 6:55pm | Cardio Mix Portables Sharon L 6pm - 7pm | Strong Mind & Body Studio Carrie R 6pm - 6:55pm | Zumba® Group Exercise Studio Leslie J 6pm - 7pm | |
| | BODYCOMBAT™ Group Exercise Studio Bridgid T 6:15pm - 7:15pm | Zumba® Group Exercise Studio Vanessa W 6:35pm - 7:35pm | BODYCOMBAT™ Group Exercise Studio Jayme M 6:15pm - 7:15pm | Zumba® Group Exercise Studio Corinna A 6:35pm - 7:35pm | | |
| | Cycling - All Levels Cycling Studio Susan S 6:15pm - 7:15pm | | Cycling - All Levels Cycling Studio Susan S 6:15pm - 7:15pm | | | |
| 7pm | Core Group Exercise Studio Susan S 7:20pm - 7:50pm | Gentle Hatha Yoga Mind & Body Studio Alysia B 7pm - 8pm | Core Group Exercise Studio Susan S 7:20pm - 7:50pm | Gentle Hatha Yoga Mind & Body Studio Alysia B 7pm - 8pm | | |

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.