



Group Exercise Schedule

EAST COMMUNITIES YMCA

5315 Ed Bluestein Blvd. Austin, TX 78723 | 512.933.9622 | AustinYMCA.org

January to March 2020

Updated 2/10/2020

	MON	TUE	WED	THUR	FRI	SAT	SUN
6-7 am	Master's Swim* Lap Pool Sarah D 6am - 7am *Starting in March*	Cardio Agility Group Ex. Studio Kelly C 6am - 7am	Master's Swim* Lap Pool Sarah D 6am - 7am *Starting in March*	Cardio Agility Group Ex. Studio Kelly C 6am - 7am	Master's Swim* Lap Pool Sarah D 6am - 7am *Starting in March*		
	BODYPUMP™ Group Ex. Studio Sam K 6am - 7am		BODYPUMP™ Group Ex. Studio Sam K 6am - 7am		BODYCOMBAT™ Express Group Ex. Studio Sam K 6am - 6:30am		
	G.A.L. Toning* Training Studio Brie M 7am-8am		G.A.L. Toning* Training Studio Liz R 7am-8am		CXWORX™ Group Ex. Studio Sam K 6:30am-7am		
8am	BODYPUMP™ Group Ex. Studio Juliana N 8am - 9am	Tai Chi Group Ex. Studio Sean G 8:15am - 9:15am	BODYPUMP™ Group Ex. Studio Cara H 8am - 9am	Tai Chi Group Ex. Studio Sean G 8:15am - 9:15am	BODYPUMP™ Group Ex. Studio Cara H 8am - 9am	Vinyasa Yoga - Int/Adv Mind & Body Studio Mary E 8:15am - 9:15am	
			Barre Fit Mind & Body Studio Annick M 8:15am - 9:15am			Zumba® Group Ex. Studio Maria B 8:15am - 9:15am	
						Cycling Training Studio Lauren M 8:30am - 9:15am	
9am	Cardio Agility Group Ex. Studio Cara H 9:15am - 10:15am	Vinyasa Yoga - Int/Adv Mind & Body Studio Hannah R 9am - 10:10am	Cardio Agility Group Ex. Studio Bridget T 9:15am - 10:15am	Vinyasa Yoga - Int/Adv Mind & Body Studio Hannah R 9am - 10:10am	Cardio Agility Group Ex. Studio Cara H 9:15am - 10:15am	CXWORX™ Mind & Body Studio Lauren M 9:30am - 10am	
	Aqua Interval Lap Pool Carrie R 9:30am - 10:30am	Active Older Adult Fitness Group Ex. Studio Carrie R 9:30am - 10:30am	Aqua Interval Lap Pool Carrie R 9:30am - 10:30am	Active Older Adult Fitness Group Ex. Studio Carrie R 9:30am - 10:30am	Aqua Interval Lap Pool Clarence W 9:30am - 10:30am	BODYPUMP™ Group Ex. Studio Corinna A 9:30am - 10:30am	
	Hatha Yoga Mind & Body Studio Hannah R 9:30am - 10:30am		Restorative Yoga Mind & Body Studio Annick M 9:30am - 10:30am		Hatha Yoga Mind & Body Studio Annick M 9:30am - 10:30am	Teen Fit Camp* Training Studio Liz R 9:30am - 10:30am	
10am	Zumba® Group Ex. Studio Heba A 10:30am - 11:30am	Women With Weights* Mind & Body Studio Carrie R 10:40am - 11:40am	STRONG by Zumba® Group Ex. Studio Heba A 10:30am - 11:30am	Women With Weights* Mind & Body Studio Carrie R 10:40am - 11:40am	Zumba® Toning Group Ex. Studio Heba A 10:30am - 11:30am	G.A.L. Toning* Training Studio Liz R 10:30am-11:30am	
					Gentle Yoga Mind & Body Studio Annick M 10:45am - 11:45am		
11am	SilverSneakers® Classic Group Ex. Studio Carrie R 11:45am - 12:30pm	BODYPUMP™ Express Group Ex. Studio Cara H 11:15am - 12pm	SilverSneakers® Classic Group Ex. Studio Carrie R 11:45am - 12:30am	BODYPUMP™ Express Group Ex. Studio Cara H 11:15am - 12pm		MIXXEDFIT® Group Ex. Studio Dexy V 11am - 12pm	

Please note that all classes are subject to change due to demand, participation, and instructor availability. This paper schedule is not updated regularly-- see our mobile app for the most up-to-date information.

Group Ex. Studio = Group Exercise Studio



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	MON	TUE	WED	THUR	FRI	SAT	SUN
12pm	Mat Pilates Mind & Body Studio Cara H 12pm - 12:45pm	CXWORX™ Group Ex. Studio Cara H 12 - 12:30pm	Mat Pilates Mind & Body Studio Cara H 12pm - 12:45pm	CXWORX™ Group Ex. Studio Cara H 12 - 12:30pm	Line Dancing Group Ex. Studio Brenda M 12pm - 1pm	Aqua Interval Lap Pool Jennifer K 12pm - 1pm	
		Cardio Funk Mind & Body Studio Lauren K 12pm-12:55pm		Cardio Funk Mind & Body Studio Lauren K 12pm-12:55pm			
4pm	Family Cardio Dance Group Ex. Studio Maria B 4:15pm - 5pm						
5pm	BODYCOMBAT™ Group Ex. Studio Brie M 5:30pm - 6:30pm	BODYPUMP™ Group Ex. Studio Brie M 5:25pm - 6:25pm	BODYCOMBAT™ Group Ex. Studio Sam K 5:30pm - 6:30pm	BODYPUMP™ Group Ex. Studio Juliana N 5:25pm - 6:25pm			STRONG by Zumba® Group Ex. Studio Corinna A 2pm - 3pm
	Cycling Training Studio Syd H 5:30pm - 6:15pm	Water Walking (Self-Guided) Lap Pool- Lane 1 5:30-6:30pm	Cycling Training Studio Syd H 5:30pm - 6:15pm	Water Walking (Self-Guided) Lap Pool- Lane 1 5:30-6:30pm	Zumba®** Group Ex. Studio Leslie J. 6pm - 7pm		Yoga Strong Mind & Body Studio Heather L 3-4pm
6pm	Functional Training* Training Studio Christian L 6:30pm - 7:30pm	Strong Mind & Body Studio Carrie R 6-6:55pm	Functional Training* Training Studio Christian L 6:30pm - 7:30pm	Strong Mind & Body Studio Carrie R 6-6:55pm			Restorative Yoga Mind & Body Studio Jennifer D 4:30pm - 5:45pm
	Cardio Mix Group Ex. Studio Sharon L 6:35pm - 7:35pm	Master's Swim* Lap Pool Jennifer K 6:30pm - 7:30pm *Starting in March*	Cardio Mix Group Ex. Studio Sharon L 6:35pm - 7:35pm	Master's Swim* Lap Pool Jennifer K 6:30pm - 7:30pm *Starting in March*			
	Yoga Strong Mind & Body Studio Heather L 6:45pm - 7:45pm	Teen Fit Camp* Training Studio Brie M 6:30pm - 7:30pm	Yoga Strong Mind & Body Studio Heather L 6:45pm - 7:45pm				
		Zumba® Group Ex. Studio Vanessa W 6:35pm - 7:35pm		STRONG by Zumba® Group Ex. Studio Maria B 6:35pm - 7:35pm			
7pm		Gentle Yoga & Meditation Mind & Body Studio Dexy V 7pm-8pm		Gentle Yoga & Meditation Mind & Body Studio Dexy V 7pm-8pm			



DOWNLOAD OUR MOBILE APP to get the most up-to-date info on class changes, cancelations, & instructor substitutions. Available on Google Play & iOS App Store.

Please note that all classes are subject to change without notice due to demand, participation, instructor availability, and unforeseen circumstances. This paper schedule is not updated regularly-- see our mobile app for the most up-to-date information.

For your safety, it is recommended you consult your physician before starting any exercise program.

Aqua Interval classes may be moved indoors due to cold weather or pool closures. The pool is closed when the temperature is 40 degrees or below.

* Indicates a paid-program that requires monthly registration. Financial assistance is available.

** Indicates a family program. Youth ages 8-15 can participate when accompanied by an adult guardian.

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