

Hays Communities YMCA Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BodyPump™ 5:30 - 6:30am <i>Adrian</i>	Tabata BootCamp (fee based) 5:15-6:00am <i>Amber</i>	BodyPump™ 5:30 - 6:30am <i>Adrian</i>	Tabata BootCamp (fee based) 5:15-6:00am <i>Amber</i>	BodyPump™ 5:30 - 6:30am <i>Adrian</i>	Fee based class information: 
BodyPump™ 8:00-9:00am <i>Anna</i>	TRX Fusion (fee based) 8:15-9:10 <i>Joe</i>	BodyPump™ 8:00-9:00am <i>Marla</i>	TRX Fusion (fee based) 8:15-9:10 <i>Joe</i>	BodyCombat™ 8:00-9:00am <i>Anna</i>	Zumba® Fitness 8:10 - 9:05am <i>Linda</i>
SilverSneakers® Classic (Zen Room) 8:15 - 9:15am <i>Cyndi</i>	Senior Fitness 8:10- 9:05am <i>Cyndi</i>	Cardio Funk 9:10 - 10:20am <i>Ericka</i>	High Fitness 8:10-9:05 <i>Maddie</i>	Senior Fitness 8:15- 9:10am (Zen Room) <i>Cyndi</i>	BodyPump™ 9:20-10:20am <i>Phil</i>
BodyCombat Express™ 9:10 - 9:55am <i>Carin</i>	BodyPump Express™ 9:15-9:45am <i>Megan</i>	Senior Fitness 10:30 - 11:25am <i>Cyndi</i>	BodyPump Express™ 9:15 - 9:45am <i>Megan</i>	Cardio Caliente 9:10-10:05am <i>Kim</i>	High Fitness 10:25-11:20 <i>Maddie</i>
Cardio Caliente Gold 10:00 - 10:55am <i>Lacy</i>	CXWORX 9:50 - 10:20am <i>Megan</i>	STRONG 11:30 -12:25pm <i>Cyndi</i>	CXWORX™ 9:50 - 10:20am <i>Megan</i>	BodyPump-Express™ 10:15-10:45am <i>Alisha</i>	
Cardio Funk 11:00 - 11:55am <i>Ericka</i>	BodyCombat™ 10:25-11:25am <i>Carin</i>	SilverSneakers® Classic 12:30 - 1:25pm <i>Cyndi</i>	BodyCombat™ 10:25-11:25am <i>Marla</i>	CXWORX™ 10:50 - 11:20am <i>Alisha</i>	
Cardio Funk TONE 12:00 - 12:55pm <i>Ericka</i>	Senior Fitness 10:30 - 11:25am (Zen Room) <i>Cyndi</i>		Senior Fitness 10:30 - 11:25am (Zen Room) <i>Joanna</i>	Cardio Caliente Gold 11:30-12:25pm <i>Lacy</i>	
	Dance HIIT Mix 11:30 -12:25pm <i>Connie</i>		Dance HIIT Mix 11:30 -12:25pm <i>Connie</i>	Cardio Funk 11:30- 12:30pm (Zen Room) <i>Connie</i>	
BodyPump™ 4:00-5:00pm <i>Joanna</i>	Cardio Agility 4:30 - 5:20pm <i>Natalie</i>	BodyPump™ 4:00-5:00pm <i>Joanna</i>	Cardio Agility 4:30 - 5:20pm <i>Natalie</i>	BodyPump™ 4:15-5:15pm <i>Diane</i>	Sunday
CXWORX™ 5:10- 5:40pm <i>Joanna</i>	BodyPump-Express™ 5:30 - 6:00pm <i>Diane</i>	CXWORX™ 5:05-5:35pm <i>Joanna</i>	BodyPump-Express™ 5:30 - 6:00pm <i>Diane</i>	Glute Scuptl 5:45-6:45pm <i>Eleni</i> (Group X B)	BodyPump™ 2:15 -3:15pm <i>Diane</i>
Body Combat Express™ 5:45- 6:30pm <i>Marla</i>	CXWORX™ 6:05 - 6:35pm <i>Diane</i>	Zumba® Fitness 5:45-6:40pm <i>Rose</i>	CXWORX™ 6:05 - 6:35pm <i>Diane</i>	Family Dance 6:00 - 6:45pm <i>Lacy</i> (All Ages)	CXWORX™ 3:20 - 3:50pm <i>Lacy</i>
BodyPump™ 6:45 - 7:45pm <i>Alisha</i>	Zumba® Fitness 6:50-7:50pm <i>Rose</i>	BodyPump™ 6:55-7:55pm <i>Julie</i>	BodyCombat™ 6:50-7:50pm <i>Carin</i>		Cardio Funk 4:00 - 4:55pm <i>Cynthia</i>
Zumba® Fitness 7:55 - 8:50pm <i>Christian</i>		Barre Fusion 7:00 - 7:55pm (Zen Room) <i>Krystyn</i>	Zumba® Fitness 7:00 - 7:55pm (Group X B) <i>Christian</i>		Barre Fusion 5:00 - 5:55pm <i>Cynthia</i>

Cardiovascular and Strength

Main Group X

LIVESTRONG @ the YMCA is a FREE 12-week strength training program for cancer survivors - inquire at Welcome Center

***A full description of classes can be found on our YMCA of Austin App, website and/or in-house

Ages 12+ allowed in classes Kim Castro - Health & Wellness/ Group Exercise Coordinator kim.castro@austinyymca.org
Last Revised 1/29/2020

Hays Communities YMCA Group Exercise

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mind and Body	Vinyasa Yoga 9:30 - 10:30am <i>Jamie</i>	Rise & Shine Vinyasa 6:15 - 7:00am <i>Krystyn</i>	Vinyasa/Slow Flow 8:05 - 9:05am <i>Laura</i>	Rise & Shine Vinyasa 6:15 - 7:00am <i>Krystyn</i>		Gentle Yoga 8:15-9:15am <i>Mamta</i>
	Yin/Restorative 10:35 - 11:25am <i>Jamie</i>	Vinyasa/Slow Flow 8:15 - 9:05am <i>Mia</i>	Vinyasa/Power Flow 9:30 - 10:30am <i>Jamie</i>	Vinyasa/Slow Flow 8:15 - 9:05am <i>Mia</i>	Vinyasa Yoga 9:30 - 10:30am <i>Jamie</i>	Family Yoga (All Ages) 9:30 - 10:15am <i>Mamta</i>
	Tai Chi 11:30 - 12:30pm <i>Brenda</i>	Yogalates 9:30 - 10:25am <i>Erica</i>	Breath & Mind 10:30 - 11:00am <i>Jamie</i>	Yogalates 9:30 - 10:25am <i>Erica</i>	Yin/Restorative 10:35 - 11:25am <i>Jamie</i>	Yoga for Core Strength 10:30-11:25am <i>Bonny</i>
	Yin Yoga 6:30 - 7:30pm <i>Laura</i>	BodyFlow™ 11:30-12:30pm <i>Megan</i>	Tai Chi/Stick Fit 11:30 - 1pm <i>Brenda</i>	BodyFlow™ 11:30-12:30pm <i>Megan</i>		Sunday
	Yin Yoga 7:45 - 8:45pm <i>Laura</i>	Vinyasa Yoga (Beg/Int) 6:45 - 7:45pm <i>Bonny</i>		Vinyasa Yoga (Beg/Int) 6:45 - 7:45pm <i>Marilyn</i>		Vin Yin Yoga 2:00 - 3:15pm <i>Marilyn</i>
		Yin Yoga 8:00-9:00pm <i>Bonny</i>		Yin Yoga 8:00 - 9:00pm <i>Marilyn</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua	WATERinMOTION® 8:30 -9:25am <i>Joanna</i>		WATERinMOTION® 8:30 - 9:25am <i>Lacy</i>	Aqua Yoga 8:30 - 9:10am <i>Joanna</i>		Aqua Interval 9:00-10:00am <i>Laura</i>
	WATERinMOTION® Platinum 9:30 - 10:30am <i>Joanna</i>	Aqua Fit 9:15 - 10:15am <i>Cyndi</i>	Aqua Fit 9:30 - 10:30am <i>Peggy</i>	WATERinMOTION® 9:15 -10:15am <i>Joanna</i>	Aqua Strong 9:30 - 10:30am <i>Peggy</i>	
		Arthritis Aqua Ex 10:50-11:50am <i>Peggy</i>	Arthritis Aqua Ex 2:00 - 3:00pm <i>Peggy</i>	Arthritis Aqua Ex 10:50-11:50am <i>Peggy</i>	Arthritis Aqua Ex 10:50-11:50am <i>Peggy</i>	Sunday
	Arthritis Aqua Ex 2:00 - 3:00pm <i>Jackie</i>		Aqua Fit 7:00-8:00pm <i>Joanna</i>	Arthritis Aqua Ex 2:00 - 3:00pm <i>Peggy</i>		WATERinMOTION® 2:00 - 3:00pm <i>Lacy</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle	All Level Cycling 9:10 - 10:10am <i>Jill</i>	All Level Cycling 8:45 - 9:45am <i>Amy</i>		All Level Cycling 8:45 - 9:45am <i>Amy</i>	All Level Cycling 5:15 - 6:00am <i>Laura</i>	All Level Cycling 8:10 - 9:10am <i>Laura</i>
		All Level Combo Cycle 5:00 - 5:45pm <i>Aubrey</i>	All Level Cycling 4:15 - 5:00pm <i>Nancy</i>	All Level Combo Cycle 5:00 - 5:45pm <i>Aubrey</i>	HIIT Cycle 9:30 - 10:00am <i>Alisha</i>	
	All Level Cycling 5:30 - 6:30pm <i>Alisha</i>	All Level Cycling 6:00 - 6:45pm <i>Aubrey</i>	All Level Cycling 5:45 - 6:45pm <i>Danielle</i>	All Level Cycling 6:00 - 6:45pm <i>Aubrey</i>		

Zen Room

Pool

Group X B