



# Group Exercise Winter Schedule 2020

## Southwest Family YMCA MORNING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:35-6:35am Body Pump™ Michelle E. Group Ex Studio	5:35-6:35am Cycling-All Levels Laurie Cycle Studio	5:35-6:20am RPM™ Cycling Allison/Albino Cycle Studio	5:35-6:35am Cycling-All Levels Linda Cycle Studio	5:35-6:35am Body Pump™ Jayna Group Ex Studio	**Be sure to check CLASS TIMES. Many of your favorite classes have changed their start times! **	
	6:05-7:00am Cardio Funk Cindy Group Ex Studio	5:35-6:35am Body Pump™ Michelle E. Group Ex Studio	** NEW** 6:05-7:00am Cardio Funk Cindy Group Ex Studio	5:35-6:35am Cycling-All Levels Laurie Cycle Studio		
8:10-9:10am Body Pump™ Meghan P Group Ex Studio	6:00-6:45am Barre Fit Emily Yoga/Pilates Room	8:10-9:10am Body Pump™ Lee P Group Ex Studio	8:05-9:00am Barre Fit Emily Yoga/Pilates Room	8:10-8:55am Body Pump Express™ Lee P Group Ex Studio	8:00-9:00am Power Yoga Jill Yoga/Pilates Room	
8:20-9:20am Zumba® Gold Barbara Yoga/Pilates Room	8:45-10:00am Int. Hatha Yoga Rebecca Yoga/Pilates Room	8:20-9:20am Zumba® Gold Barbara Yoga/Pilates Room		8:20-9:20am Zumba® Gold Barbara Yoga/Pilates Room	8:05-8:55am Cardio Funk Cindy Group Ex Studio	
8:30-9:30am Cycling-All Levels Kristen Cycle Studio	9:00-10:00am Body Combat Mary B. Group Ex Studio	8:30-9:30am Cycle-All levels Kristen Cycle Studio	** NEW** 9:00-10:00am Body Combat Mary B. Group Ex Studio	9:00-9:30am CXWORX™ Meghan P Group Ex Studio	9:00-10:00am Body Combat™ Lee Group Ex Studio	
9:15-10:05am STRONG by Zumba Rocky Group Ex Studio		9:15-10:05am HIIT Dance Party Rocky Group Ex Studio	9:10-10:10am Vinyasa Heidi Yoga/Pilates Room		9:00-9:45am RPM™ Cycling Amy Cycle Studio	
		9:30-10:15am Barre Fit Emily Yoga/Pilates Room	9:15-10:45am Beg./Int. Tai Chi John Program Center	9:30 - 10:15am Barre Fit Carrie Yoga/Pilates Room	9:10-10:05am Barre Fit Cindy Yoga/Pilates Room	
10:00-11:00am Nia Dance Rebecca B. Yoga/Pilates Room	9:30-10:30am Cycling-All Levels Smitha Cycle Studio	10:00-11:30am Beg./Int. Tai Chi John Program Center	9:30-10:30am Cycling-All Levels Smitha Cycle Studio	9:30-10:30am Cycling-All Levels Smitha Cycling Studio	10:10am-10:40am CXWORX™ Amy H. Yoga/Pilates Room	
10:10-11:10am Senior Fitness Shauna Group Ex Studio	10:10-11:10am Gentle Yoga Rebecca Yoga/Pilates Room	10:10-11:10am Senior Fitness Shauna Group Ex Studio	10:20-11:20am Gentle Yoga Heidi Yoga/Pilates Room	9:35-10:05am Body Combat Express™ Meghan P Group Ex Studio		
	10:20-11:20am Body Pump™ Meghan Group Ex Studio		10:20-11:20am Body Pump™ Meghan P Group Ex Studio	10:10-11:10am Senior Fitness Shauna Group Ex Studio	10:10-11:10am Body Pump™ Lee P Group Ex Studio	
		10:20-11:05am Pilates Emily Yoga/Pilates Room	10:45-11:30am Qigong John Program Center	10:20-11:05am Barre Fit Carrie Yoga/Pilates Room		
11:10-12:10pm Gentle Yoga Rebecca Yoga/Pilates Room	11:30am-12:00pm CXWORX™ Meghan Yoga/Pilates Room	11:10-12:10pm Gentle Yoga Rebecca Yoga/Pilates Room	11:30am-12:00pm CXWORX™ Meghan P Yoga/Pilates Room	11:10-12:10pm Gentle Yoga Heidi G Yoga/Pilates Room	11:00-12:00pm Barre Fit Emily I Yoga/Pilates Room	
11:30am-12:30pm Cardio Funk Melanie Group Ex Studio	11:30-12:30 Zumba Sharon Group Ex Studio	11:30-12:30pm Cardio Funk Melanie Group Ex Studio	11:30-12:30 Zumba Sharon Group Ex Studio	11:15-12:15pm Y Cardio Dance Vanessa M Group Ex Studio	11:30-12:30 Zumba Rebecca Group Ex Studio	



# Group Exercise Winter Schedule 2020

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## AFTERNOON/EVENING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	12:15-1:15pm Mat Pilates Teresa Yoga/Pilates Room	12:15-1:00pm Beginner Spin Lizbeth Cycle Room <b>*NEW*</b>	12:20pm-1:20pm Hatha Yoga Rebecca Yoga/Pilates Room			
12:30-1:30pm Fundamentals of Yoga Nellie H. Yoga/Pilates Room	4:30-5:25pm Body Combat™ Amy M. Group Ex Studio	1:30 - 2:45 Yoga 4 Cancer Yoga/Pilates Room				3:00-4:00pm Zumba® Megan M Group Ex Studio
	5:00-5:25pm Stretch Shauna Yoga/Pilates	4:30-5:30pm Nia Dance Rebecca B. Yoga/Pilates Room <b>*NEW*</b>	5:00-5:25pm Stretch Shauna Yoga/Pilates Room	5:00-6:00pm Body Combat™ Amy M Group Ex Studio		3:00-4:00pm Fundamentals of Yoga Nellie H Yoga/Pilates Room
5:30-6:30pm Hatha Yoga Claudette Yoga/Pilates	5:30-6:30pm Step & Strong Shauna Yoga/Pilates	5:40-6:40pm Fundamentals of Yoga Rebecca B Yoga/Pilates Room	5:30-6:30pm Step & Strong Shauna Yoga/Pilates	5:00-6:00pm Combo Cycling Matt D. Cycle Studio		4:15-5:15pm Body Pump™ Rotating Instructors
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 Group Ex Studio				4:15-5:15pm Hatha Flow Yoga Nellie H Yoga/Pilates Room
6:40-7:30pm Fund. of Mat Pilates Nellie Yoga/Pilates		5:30-6:30pm RPM™ Cycling Amy H. Cycle Studio	5:30-6:15pm RPM™ Cycling Allison/Albino Cycle 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 Ele J. Group Ex Studio	6:35-7:35pm Body Pump™ Gilbert Group Ex Studio			
	6:45-7:45pm Hatha Yoga Rebecca B Yoga/Pilates Room		6:45-7:45pm Hatha Flow Yoga Jill Yoga/Pilates	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

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Last Updated 1/21/2020