## Group Exercise Schedule

**EAST COMMUNITIES YMCA**  
5315 Ed Bluestein Blvd. Austin, TX 78723 | 512.933.9622 | AustinYMCA.org

**January to March**  
Updated 2/10/2020

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
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<td><strong>6-7 am</strong></td>
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| 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* | | |
| **8am** | **8am** | **8am** | **8am** | **8am** | **8am** | **8am** |
| BODYPUMP™  
Group Ex. Studio  
Juliana N  
8am - 9am | Tai Chi  
Group Ex. Studio  
Seann G  
8:15am - 9:15am | BODYPUMP™  
Group Ex. Studio  
Cara H  
8am - 9am | Tai Chi  
Group Ex. Studio  
Seann 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 | |
| **9am** | **9am** | **9am** | **9am** | **9am** | **9am** | **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 - 10:10am | |
| **10am** | **10am** | **10am** | **10am** | **10am** | **10am** | **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 | |
| **11am** | **11am** | **11am** | **11am** | **11am** | **11am** | **11am** |
| SilverSneakers®  
Classic  
Group Ex. Studio  
Carrie R  
11:45am - 12:30pm | BODYPUMP™ Express  
Group Ex. Studio  
Cara H  
11:15am - 12:00pm | SilverSneakers®  
Classic  
Group Ex. Studio  
Carrie R  
11:45am - 12:30am | BODYPUMP™ Express  
Group Ex. Studio  
Cara H  
11:15am - 12:15pm | SilverSneakers®  
Classic  
Group Ex. Studio  
Carrie R  
11:45am - 12:30am | 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.
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<tr>
<th>Time</th>
<th>MON</th>
<th>TUE</th>
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<tr>
<td>12pm</td>
<td><strong>Mat Pilates</strong>&lt;br&gt;Mind &amp; Body Studio&lt;br&gt;Cara H&lt;br&gt;12pm - 12:45pm</td>
<td><strong>CXWORX™</strong>&lt;br&gt;Group Ex. Studio&lt;br&gt;Cara H&lt;br&gt;12 - 12:30pm</td>
<td><strong>Mat Pilates</strong>&lt;br&gt;Mind &amp; Body Studio&lt;br&gt;Cara H&lt;br&gt;12pm - 12:45pm</td>
<td><strong>CXWORX™</strong>&lt;br&gt;Group Ex. Studio&lt;br&gt;Cara H&lt;br&gt;12 - 12:30pm</td>
<td><strong>Line Dancing</strong>&lt;br&gt;Group Ex. Studio&lt;br&gt;Brenda M&lt;br&gt;12pm - 1pm</td>
<td><strong>Aqua Interval</strong>&lt;br&gt;Lap Pool&lt;br&gt;Jennifer K&lt;br&gt;12pm - 1pm</td>
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<td>4pm</td>
<td><strong>Family Cardio Dance</strong>&lt;br&gt;Group Ex. Studio&lt;br&gt;Maria B&lt;br&gt;4:15pm - 5pm</td>
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<td>5pm</td>
<td><strong>BODYCOMBAT™</strong>&lt;br&gt;Group Ex. Studio&lt;br&gt;Brie M&lt;br&gt;5:30pm - 6:30pm</td>
<td><strong>BODYPUMP™</strong>&lt;br&gt;Group Ex. Studio&lt;br&gt;Brie M&lt;br&gt;5:25pm - 6:25pm</td>
<td><strong>BODYCOMBAT™</strong>&lt;br&gt;Group Ex. Studio&lt;br&gt;Sam K&lt;br&gt;5:30pm - 6:30pm</td>
<td><strong>BODYPUMP™</strong>&lt;br&gt;Group Ex. Studio&lt;br&gt;Juliana N&lt;br&gt;5:25pm - 6:25pm</td>
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<td>6pm</td>
<td><strong>Cycling</strong>&lt;br&gt;Training Studio&lt;br&gt;Syd H&lt;br&gt;5:30pm - 6:15pm</td>
<td><strong>Water Walking (Self-Guided)</strong>&lt;br&gt;Lap Pool- Lane 1&lt;br&gt;5:30-6:30pm</td>
<td><strong>Cycling</strong>&lt;br&gt;Training Studio&lt;br&gt;Syd H&lt;br&gt;5:30pm - 6:15pm</td>
<td><strong>Water Walking (Self-Guided)</strong>&lt;br&gt;Lap Pool- Lane 1&lt;br&gt;5:30-6:30pm</td>
<td><strong>Zumba®</strong>&lt;br&gt;Group Ex. Studio&lt;br&gt;Leslie J.&lt;br&gt;6pm - 7pm</td>
<td><strong>STRONG by Zumba®</strong>&lt;br&gt;Group Ex. Studio&lt;br&gt;Corinna A&lt;br&gt;2pm - 3pm</td>
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<td>7pm</td>
<td><strong>Cardio Mix</strong>&lt;br&gt;Group Ex. Studio&lt;br&gt;Sharon L&lt;br&gt;6:35pm - 7:35pm</td>
<td><strong>Master’s Swim</strong>&lt;br&gt;Lap Pool&lt;br&gt;Jennifer K&lt;br&gt;6:30pm - 7:30pm&lt;br&gt;<em>Starting in March</em></td>
<td><strong>Cardio Mix</strong>&lt;br&gt;Group Ex. Studio&lt;br&gt;Sharon L&lt;br&gt;6:35pm - 7:35pm</td>
<td><strong>Master’s Swim</strong>&lt;br&gt;Lap Pool&lt;br&gt;Jennifer K&lt;br&gt;6:30pm - 7:30pm&lt;br&gt;<em>Starting in March</em></td>
<td><strong>Yoga Strong</strong>&lt;br&gt;Mind &amp; Body Studio&lt;br&gt;Heather L&lt;br&gt;3pm - 4pm</td>
<td><strong>Restorative Yoga</strong>&lt;br&gt;Mind &amp; Body Studio&lt;br&gt;Jennifer D&lt;br&gt;4:30pm - 5:45pm</td>
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<td>8pm</td>
<td><strong>Yoga Strong</strong>&lt;br&gt;Mind &amp; Body Studio&lt;br&gt;Heather L&lt;br&gt;6:45pm - 7:45pm</td>
<td><strong>Teen Fit Camp</strong>&lt;br&gt;Training Studio&lt;br&gt;Brie M&lt;br&gt;6:30pm - 7:30pm</td>
<td><strong>Yoga Strong</strong>&lt;br&gt;Mind &amp; Body Studio&lt;br&gt;Heather L&lt;br&gt;6:45pm - 7:45pm</td>
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<td>9pm</td>
<td><strong>Zumba®</strong>&lt;br&gt;Group Ex. Studio&lt;br&gt;Vanessa W&lt;br&gt;6:35pm - 7:35pm</td>
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<td>10pm</td>
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<td><strong>STRONG by Zumba®</strong>&lt;br&gt;Group Ex. Studio&lt;br&gt;Maria B&lt;br&gt;6:35pm - 7:35pm</td>
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<td>11pm</td>
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<td><strong>Gentle Yoga &amp; Meditation</strong>&lt;br&gt;Mind &amp; Body Studio&lt;br&gt;Dexy V&lt;br&gt;7pm-8pm</td>
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<td>12pm</td>
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<td><strong>Gentle Yoga &amp; Meditation</strong>&lt;br&gt;Mind &amp; Body Studio&lt;br&gt;Dexy V&lt;br&gt;7pm-8pm</td>
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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.

Group Ex. Studio = Group Exercise Studio

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.