<table>
<thead>
<tr>
<th>Monday</th>
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</thead>
<tbody>
<tr>
<td><strong>BodyPump™</strong></td>
<td><strong>Tabata BootCamp (fee based)</strong></td>
<td><strong>BodyPump™</strong></td>
<td><strong>Tabata BootCamp (fee based)</strong></td>
<td><strong>BodyPump™</strong></td>
<td><strong>Zumba® Fitness</strong></td>
</tr>
<tr>
<td>5:30 - 6:30am Adrian</td>
<td>5:15 - 6:00am Amber</td>
<td>5:30 - 6:30am Adrian</td>
<td>5:15 - 6:00am Amber</td>
<td>5:30 - 6:30am Adrian</td>
<td>8:10 - 9:05am Linda</td>
</tr>
<tr>
<td><strong>BodyPump™</strong></td>
<td><strong>TRX Fusion (fee based)</strong></td>
<td><strong>BodyPump™</strong></td>
<td><strong>TRX Fusion (fee based)</strong></td>
<td><strong>BodyCombat™</strong></td>
<td><strong>SilverSneakers® Classic (Zen Room)</strong></td>
</tr>
<tr>
<td>8:00-9:00am Anna</td>
<td>8:15 - 9:10 Joe</td>
<td>8:00-9:00am Marla</td>
<td>8:15-9:10 Joe</td>
<td>8:00-9:00am Anna</td>
<td>8:15 - 9:10am (Zen Room) Cyndi</td>
</tr>
<tr>
<td><strong>SilverSneakers® Classic (Zen Room)</strong></td>
<td>8:15 - 9:15am Cyndi</td>
<td>5:00pm Senior Fitness (Zen Room)</td>
<td><strong>SilverSneakers® Classic (Zen Room)</strong></td>
<td>10:15-11:25am Cyndi</td>
<td>12:30 - 1:25pm SilverSneakers® Classic (Zen Room)</td>
</tr>
<tr>
<td><strong>Cardio Caliente Gold</strong></td>
<td><strong>CXWORX</strong></td>
<td><strong>Cardio Funk</strong></td>
<td><strong>High Fitness</strong></td>
<td><strong>CXWORX™</strong></td>
<td><strong>BodyPump Express™</strong></td>
</tr>
<tr>
<td>10:00 - 10:55am Lacy</td>
<td>9:50 - 10:20am Megan</td>
<td>9:10 - 10:20am Ericka</td>
<td>8:10-9:05 Maddie</td>
<td>9:50 - 10:20am Megan</td>
<td>10:15-10:45am Alisha</td>
</tr>
<tr>
<td><strong>Cardio Funk</strong></td>
<td><strong>BodyCombat™</strong></td>
<td><strong>BodyPump Express™</strong></td>
<td><strong>BodyPump Express™</strong></td>
<td><strong>BodyPump Express™</strong></td>
<td><strong>BodyPump Express™</strong></td>
</tr>
<tr>
<td>11:00 - 11:55am Ericka</td>
<td>10:25-11:25am Carin</td>
<td>9:15 - 9:45am Megan</td>
<td>9:15 - 9:45am Megan</td>
<td>10:25 - 10:45am Alisha</td>
<td>10:15-10:45am Alisha</td>
</tr>
<tr>
<td><strong>Cardio Funk TONE</strong></td>
<td><strong>Senior Fitness</strong></td>
<td><strong>CXWORX™</strong></td>
<td><strong>Senior Fitness</strong></td>
<td><strong>BodyPump Express™</strong></td>
<td><strong>BodyPump Express™</strong></td>
</tr>
<tr>
<td>12:00 - 12:55pm Ericka</td>
<td>10:30 - 11:25am (Zen Room) Cyndi</td>
<td>11:30 - 12:25pm Joanna</td>
<td>10:30 - 11:25am (Zen Room) Joanna</td>
<td>11:30-12:25pm Lacy</td>
<td><strong>BodyPump™</strong></td>
</tr>
<tr>
<td><strong>Dance HIIT Mix</strong></td>
<td><strong>Senior Fitness</strong></td>
<td><strong>CXWORX™</strong></td>
<td><strong>CXWORX™</strong></td>
<td><strong>Dance HIIT Mix</strong></td>
<td><strong>BodyPump™</strong></td>
</tr>
<tr>
<td>11:30 - 12:25pm Connie</td>
<td>10:30 - 11:25am (Zen Room) Cyndi</td>
<td>11:30 - 12:25pm Joanna</td>
<td>10:20 - 11:25am Marla</td>
<td>11:30-12:30pm (Zen Room) Connie</td>
<td>2:15 - 3:15pm Diane</td>
</tr>
<tr>
<td><strong>BodyPump™</strong></td>
<td><strong>Cardio Agility</strong></td>
<td><strong>CXWORX™</strong></td>
<td><strong>BodyPump Express™</strong></td>
<td><strong>Cardio Funk</strong></td>
<td><strong>BodyPump™</strong></td>
</tr>
<tr>
<td>4:00-5:00pm Joanna</td>
<td>4:30 - 5:20pm Natalie</td>
<td>5:30 - 6:00pm Diane</td>
<td>5:05-5:35pm Joanna</td>
<td>4:00-5:15pm Diane</td>
<td>4:15-5:15pm Diane</td>
</tr>
<tr>
<td><strong>CXWORX™</strong></td>
<td><strong>BodyPump Express™</strong></td>
<td><strong>BodyPump Express™</strong></td>
<td><strong>BodyPump Express™</strong></td>
<td><strong>Glute Sculpit (Group X B)</strong></td>
<td><strong>BodyPump™</strong></td>
</tr>
<tr>
<td>5:10 - 5:40pm Joanna</td>
<td>5:30 - 6:00pm Diane</td>
<td>5:30-5:35pm Joanna</td>
<td>5:30 - 6:00pm Diane</td>
<td>5:45-6:45pm Eleni (Group X B)</td>
<td>2:15 - 3:15pm Diane</td>
</tr>
<tr>
<td><strong>Body Combat Express™</strong></td>
<td><strong>CXWORX™</strong></td>
<td><strong>Zumba® Fitness</strong></td>
<td><strong>CXWORX™</strong></td>
<td><strong>Family Dance</strong></td>
<td><strong>CXWORX™</strong></td>
</tr>
<tr>
<td>5:45 - 6:30pm Marla</td>
<td>6:05 - 6:35pm Diane</td>
<td>5:45-6:40pm Rose</td>
<td>6:05-6:35pm Diane</td>
<td>6:00 - 6:45pm Lacy</td>
<td>3:20 - 3:50pm Lacy</td>
</tr>
<tr>
<td><strong>BodyPump™</strong></td>
<td><strong>Zumba® Fitness</strong></td>
<td><strong>BodyPump™</strong></td>
<td><strong>BodyCombat™</strong></td>
<td><strong>Cardio Funk</strong></td>
<td><strong>Barre Fusion</strong></td>
</tr>
<tr>
<td>6:45 - 7:45pm Alisha</td>
<td>6:50-7:50pm Rose</td>
<td>6:55-7:55pm Julie</td>
<td>6:50-7:50pm Carin</td>
<td>4:00 - 4:55pm Cynthia</td>
<td>5:00 - 5:55pm Cynthia</td>
</tr>
<tr>
<td><strong>Zumba® Fitness</strong></td>
<td><strong>Barre Fusion</strong></td>
<td><strong>Zumba® Fitness</strong></td>
<td><strong>Zumba® Fitness</strong></td>
<td><strong>Barre Fusion</strong></td>
<td></td>
</tr>
<tr>
<td>7:55 - 8:50pm Christian</td>
<td>7:00 - 7:55pm (Zen Room) Krystyn</td>
<td>7:00 - 7:55pm (Group X B) Christian</td>
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</tbody>
</table>

**Main Group X**

**Cardiovascular and Strength**

*LIVESTRONG® at 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@austinymca.org  
Last Revised 1/29/2020
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</table>
| **Vinyasa Yoga**  
9:30 - 10:30am  
Jamie | **Rise & Shine Vinyasa**  
6:15 - 7:00am  
Krystyn | **Vinyasa/Slow Flow**  
8:05 - 9:05am  
Laura | **Rise & Shine Vinyasa**  
6:15 - 7:00am  
Krystyn | **Vinyasa Yoga**  
9:30 - 10:30am  
Jamie | **Gentle Yoga**  
8:15-9:15am  
Mamta |
| **Yin/Restorative**  
10:35 - 11:25am  
Jamie | **Vinyasa/Slow Flow**  
8:15 - 9:05am  
Mia | **Vinyasa/Power Flow**  
9:30 - 10:30am  
Jamie | **Vinyasa/Slow Flow**  
8:15 - 9:05am  
Mia | **Vinyasa Yoga**  
9:30 - 10:30am  
Jamie | **Family Yoga (All Ages)**  
9:30 - 10:15am  
Mamta |
| **Tai Chi**  
11:30 - 12:30pm  
Brenda | **Yogalates**  
9:30 - 10:25am  
Erica | **Breath & Mind**  
10:30 - 11:00am  
Jamie | **Yogalates**  
9:30 - 10:25am  
Erica | **Yin/Restorative**  
10:35 - 11:25am  
Jamie | **Yoga for Core Strength**  
10:30-11:25am  
Bonny |
| **Yin Yoga**  
6:30 - 7:30pm  
Laura | **BodyFlow™**  
11:30-12:30pm  
Megan | **Tai Chi/Stick Fit**  
11:30 - 1pm  
Brenda | **BodyFlow™**  
11:30-12:30pm  
Megan | | |
| **Yin Yoga**  
7:45 - 8:45pm  
Laura | **Vinyasa Yoga**  
(Beg/Int)  
6:45 - 7:45pm  
Brenda | | | | |
| **Yin Yoga**  
8:00-9:00pm  
Bonny | | | | | |
| | | | | | |
| **WATERinMOTION®**  
8:30 -9:25am  
Joanna | **WATERinMOTION®**  
8:30-9:25am  
Joanna | **Aqua Yoga**  
8:30 - 9:10am  
Megan | **WATERinMOTION®**  
9:15 - 10:15am  
Joanna | **Aqua Strong**  
9:30 - 10:30am  
Peggy | **Aqua Interval**  
9:00-10:00am  
Laura |
| **WATERinMOTION®**  
Platinum  
9:30 - 10:30am  
Joanna | **Aqua Fit**  
9:15 - 10:15am  
Cyndi | **Aqua Fit**  
9:30 - 10:30am  
Peggy | **WATERinMOTION®**  
9:15 - 10:15am  
Joanna | **Aqua Strong**  
9:30 - 10:30am  
Peggy | |
| **Arthritis Aqua Ex**  
10:50-11:50am  
Peggy | **Arthritis Aqua Ex**  
2:00 - 3:00pm  
Peggy | **Arthritis Aqua Ex**  
10:50-11:50am  
Peggy | **Arthritis Aqua Ex**  
10:50-11:50am  
Peggy | | **WATERinMOTION®**  
2:00 - 3:00pm  
Lacy |
| **Arthritis Aqua Ex**  
2:00 - 3:00pm  
Jackie | **Aqua Fit**  
7:00-8:00pm  
Joanna | **Arthritis Aqua Ex**  
2:00 - 3:00pm  
Peggy | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| **All Level Cycling**  
9:10 - 10:10am  
Jill | **All Level Cycling**  
8:45 - 9:45am  
Amy | **All Level Cycling**  
8:45 - 9:45am  
Amy | **All Level Cycling**  
5:15 - 6:00am  
Laura | **All Level Cycling**  
8:10 - 9:10am  
Laura | **All Level Cycling**  
5:30 - 6:30pm  
Alisha |
| **All Level Combo Cycle**  
5:00 - 5:45pm  
Aubrey | **All Level Combo Cycle**  
4:15 - 5:00pm  
Nancy | **All Level Combo Cycle**  
5:00 - 5:45pm  
Aubrey | **HIIT Cycle**  
9:30 - 10:00am  
Alisha | | |
| **All Level Cycling**  
5:30 - 6:30pm  
Alisha | **All Level Cycling**  
6:00 - 6:45pm  
Aubrey | **All Level Cycling**  
5:45 - 6:45pm  
Danielle | **All Level Cycling**  
6:00 - 6:45pm  
Aubrey | | |