



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE & SMALL GROUP TRAINING SCHEDULE

EFFECTIVE JUNE 12

MORNING CLASSES

MONDAYS

5:20 AM	STRENGTH	BODYPUMP™	Studio
8:30 AM	STRENGTH	BODYPUMP™ EXPRESS	Studio
9:00 AM	CORE	CX Worx™	Studio
9:30 AM	CARDIO	ZUMBA	Studio
9:30 AM	CARDIO	RPM™	RPM Studio
9:35 AM	STR / CAR	BOOTCAMP WITH NADYA	
10:45 AM	FLEX	YOGA	Studio

TUESDAYS

5:20 AM	CARDIO	RPM™	RPM Studio
8:30 AM	CARDIO	CARDIO DANCE	Studio
9:35 AM	STRENGTH	BODYPUMP™	Studio
11:00 AM	STRENGTH	SilverSneakers - Classic	Studio

WEDNESDAYS

5:20 AM	STRENGTH	BODYPUMP™	Studio
8:30 AM	CAR / STR	CIRCUIT TRAINING	
9:00 AM	CORE	CX Worx™	Studio
9:35 AM	CARDIO	BODYCOMBAT™	Studio
10:45 AM	FLEX	YOGA	Studio

THURSDAYS

5:20 AM	CARDIO	RPM™	RPM Studio
8:30 AM	FLEX	PiYo	Studio
9:35 AM	STRENGTH	BODYPUMP™	Studio
11:00 AM	STRENGTH	SilverSneakers - Classic	

FRIDAYS

8:30 AM	CARDIO	TABATA	Studio
9:00 AM	STRENGTH	BODYPUMP™ EXPRESS	Studio
9:30 AM	STR / CAR	CIRCUITS	
9:35 AM	CARDIO	ZUMBA	Studio
11:00 AM	FLEX	SilverSneakers - Yoga	Studio

SATURDAYS

8:00 AM	CORE	CX Worx™	Studio
8:30 AM	CARDIO	BODYCOMBAT™	Studio
8:35 AM	CARDIO	RPM™	RPM Studio
9:35 AM	STRENGTH	BODYPUMP™	Studio
11:00 AM	CAR / STR	YOUTH CIRCUIT TRAINING	

AFTERNOON & EVENING CLASSES

MONDAYS

4:30 PM	CARDIO	BODYCOMBAT™	Studio
6:00 PM	STRENGTH	BODYPUMP™	Studio

TUESDAYS

4:30 PM	CARDIO	RPM™	RPM Studio
6:00 PM	STR / CAR	R.I.P.P.E.D.	Studio
7:00 PM	CARDIO	BODYCOMBAT™ - 30 mins	Studio
7:30 PM	STRGENTH	BODYPUMP™ - 30 mins	Studio

WEDNESDAYS

12:15 PM	CORE / FLEX	PILATES	Studio
5:30 PM	CAR / STR	YOUTH CIRCUIT TRAINING	
6:00 PM	CORE	CX Worx™	Studio
6:30 PM	CARDIO	RPM™	RPM Studio
6:30 PM	CARDIO	BODYSTEP™ - 30 mins	Studio
7:00 PM	FLEX	YOGA	Studio
7:00 PM	COR / STR	TRX	GYM

THURSDAYS

12:15 PM	CORE / FLEX	MAT YOGA	Studio
6:00 PM	STRENGTH	BODYPUMP™	Studio
7:15 PM	CARDIO	TABATA	Studio
7:30 PM	COR / STR	TRX	GYM

SUNDAYS

2:00 PM	STR / CAR	R.I.P.P.E.D.	Studio
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LES MILLS



HUTTO FAMILY YMCA

ymcagwc.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

& SMALL GROUP TRAINING SCHEDULE

SMARTSTART

FOLLOW A PLAN

SIX WEEK WORKOUT SCHEDULE

WEEK	CARDIO	STRENGTH	CORE/ FLEXIBILITY
1	1 x 20 mins	1 x 20 mins	1 x 10 mins
2	2 x 20 mins	1 x 30 mins	1 x 20 mins
3	2 x 30 mins	1 x 30 mins 1 x 20 mins	1 x 25 mins
4	2 x 35 mins 1 x 20 mins	1 x 60 mins	1 x 40 mins
5	2 x 50 mins 1 x 20 mins	1 x 60 mins 1 x 20 mins	1 x 60 mins
6	2 x 60 mins 1 x 30 mins	1 x 60 mins 1 x 40 mins	1 x 60 mins

THE NEXT 12 WEEK CHALLENGE

WEEKS	CARDIO	STRENGTH	CORE/ FLEXIBILITY
7-18	3 x 60 mins	2 x 60 mins	1 x 60 mins

The SMART START fitness schedule is proven by science and combines a fun mix of cardio, strength, core and flexibility sessions.



CARDIO exercise is great for burning calories and important for your heart health.



STRENGTH training builds lean muscle and helps with long-term weight loss.



CORE strength is critical for building a strong body to create the best platform for all other exercise.



FLEXIBILITY reduces chances of injury, increases mobility and improves your posture.

GROUP EXERCISE AND SMALL GROUP TRAINING POLICIES

- Detailed class descriptions are available online at ymcagwc.org or at the front desk lobby area along with detailed LesMills Program flyers.
- For safety reasons no child under the age of 14 is allowed in the Group Fitness classes at any time unless attending a designated "family class".
- Children ages 14 and 15 may participate in Group Fitness classes only if accompanied by a supervising adult (18 and over).
- Children ages 16 and over may participate in any Group Fitness class unsupervised as long as their behavior warrants that privilege.
- For safety issues, late entry is not allowed into Bodypump or RPM/Sprint at any time for any reason.
- Dumbbells are not allowed under any circumstances to be used in any Bodypump classes due to the design of the workout.
- Unless otherwise noted, our classes are suitable for all fitness levels. Instructors will show options and modifications to meet your needs.
- Cell phones are discouraged in all Group Fitness. All cell phones must be on silent for your safety as well as not to disturb those taking class.
- Smart Start Handouts are available in the Group fitness studios and at the front desk area to assist you in beginning your Group Fitness journey.

SCHEDULE LEGEND

40 mins	40 minute duration class
30 mins	30 minute duration class
FLE / STR	Flexibility and Strength class
STR / CAR	Strength and Cardio class
C / C / S	Cardio, Core and Strength Class

Small Group Training classes are in RED.
Please stop by the front desk for pricing information.

HUTTO Family YMCA Group Exercise

LES MILLS

BODYCOMBAT

BODYCOMBAT™ combines moves and stances developed from a range of self-defense disciplines such as karate, boxing, Tai Chi, and kickboxing. It is a fiercely energetic experience taught in a safe and simplistic manner. Designed to fight fat and kick calories, it is a great cardiovascular workout that's all out fun.

Duration: 60 minutes

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BODYPUMP

BODYPUMP™ a rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any fitness class. *Please arrive 10 minutes prior to class to allow for set up. No entry allowed once class has started.*

Duration: 60 minutes

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BODYSTEP

BODYSTEP™ is the ultimate way to give your body a high energy cardio blast and tone the hips and thighs using a height adjustable step. With over 2,000 steps per session you'll see results in record time. Get in step with one of the best fitness classes the world has to offer.

Duration: 60 minutes

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RPM

Take the ride of your life! RPM is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within—sweat and burn to reach your endorphin high. *Please arrive 10 minutes prior to class to allow for set up. Water bottle and towel recommended. No entry allowed once class has started.*

Duration: 50 minutes

LesMills Bodypump Express



30 minutes 5 tracks. This classic LesMills barbell class will hit all the major muscle groups for a quick but effective workout. *Please arrive 10 minutes prior to class to allow for set up. No entry allowed once class has started.*

Duration: 30 minutes



This awe inspiring, heart racing, muscle pumping Latin inspired class is a great time that gets great results.....including high calorie burn, awesome core work, great music, and cool moves. If you want to have fun and get your workout on too, this is the class for you!

Duration: 60 minutes



This total body, high intensity style program utilizes free weights, resistance and body weight, masterfully combining the components of R.I.P.P.E.D. — Resistance, Intervals, Power, Plyometrics and Endurance as the workout portion along with (Diet) suggestions to help you attain and maintain your fitness goals in ways that are fun, safe, doable and extremely effective. Great music makes this one hour workout doable for all fitness levels!

Duration: 60 minutes



= denotes a 30 minute class

Power Yoga

This vigorous class uses deep breathing and flowing movements to invigorate, detox and heal the mind and body. Prepare for some challenging sequences and an overall great workout building core strength, flexibility, balance and endurance. Beginners are welcome. We recommend you bring your own yoga mat.

Duration: 60 minutes

Yoga

This Restorative Class offers participants a chance to Explore and Refine the Basic Postures, Breathing Techniques and Mind-Body Connections of Yoga. It is the perfect class for Beginners – Intermediate level students, Physical Therapy Patients, and Regular Practitioners of Yoga Stretch who wish to grow their practice. *We recommend bringing your own mat.*

Duration: 60 minutes

Cardio Dance

This cardio dance party workout provides dynamic movements and a great cardio workout to today's hottest hits for any level of dancer. You'll never be bored as you burn calories during this workout that explores numerous dance styles from week to week.

Duration: 60 minutes

SilverSneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Duration: 45 minutes

SilverSneakers Yoga

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Duration: 45 minutes

TABATA

This high intensity cardio workout will combine 4 minute blocks of different exercises with 10 seconds of rest in between each cycle. Instructor will mix these cycles with some strength, bodyweight training, core and more. All fitness levels welcome.

Duration: 30 or 45 minutes



All classes and instructors are subject to change at any time as necessary. Participants must be 16 years old; 14 and 15 year olds must be accompanied by an adult. **Starred classes require a pass. Passes are available at the front desk on a first come first serve basis. **Classes in RED are FEE BASED classes.**