

HUTTO Family YMCA Group Exercise – Hutto, TX

Effective 9/5/2017

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	5:20am	BODYPUMP Mary/Studio	RPM John/Cycle	BODYPUMP Mary/Studio	RPM John/Cycle			
	8:00am						CX WORX* 30m Katie/Studio	
	8:30am	BODYPUMP*30m Nadya/Studio	CARDIO DANCE Elizabeth/Studio	INSANITY*30m Stacy/Studio	PiYo Elizabeth/Studio	TABATA *30m Erin/Studio	BODYCOMBAT Eli/Donna Studio RPM (8:35am) Katie/Cycle	
	9:00am	CX WORX* 30m Nadya/Studio		CX WORX* 30m Nadya/Studio		BODYPUMP*30m Erin/Studio BARRE Leah/Gym		
	9:30am	ZUMBA Kathy/Studio RPM Indira/Cycle						
	9:35am	BOOTCAMP Nadya/Gym	BODYPUMP Tina/Studio	BODYCOMBAT Nadya/Studio	BODYPUMP Terian/Studio	ZUMBA Amy/Studio	BODYPUMP Leah/Studio	
	9:45am					RPM Erin/Cycle		
	10:00am					BOOTCAMP Stephanie/Gym		
	10:30am			ZUMBA GOLD Monica/Gym				
	10:45am	YOGA Meena/Studio		YOGA Meena/Studio				
	11:00am		SilverSneakers CLASSIC Monica/Studio		SilverSneakers CLASSIC Meena/Studio	SilverSneakers YOGA Meena/Studio	Youth Circuit Training Jeanna/Gym	
EVENING	12:15pm			PILATES Meena/Studio	MAT YOGA Meena/Studio			
	2:00pm							R.I.P.P.E.D Ivy/Studio
	4:30pm	BODYCOMBAT Eli/Studio	RPM Indira/Cycle					
	5:00pm				BODYCOMBAT Donna/Studio			
	5:30pm			YOUTH CIRCUIT TRAINING Jeanna/Gym				
	6:00pm	BODYPUMP Leah/Studio	R.I.P.P.E.D. Ivy/Studio	CX WORX*30m Terian/Studio	BODYPUMP Mary/Studio			
	6:30pm			BODYSTEP*30m Terian/Studio RPM Mark/Gayle Cycle				
	7:00pm	YOGA Patricia/Studio	BODYPUMP Donna/Studio	YOGA Brenda/Studio YFIT Leah/Gym	ZUMBA (7:05) Monica/Studio			
	7:15pm	BARRE Leah/Gym						

Classes in RED denote FEE BASED PROGRAMS. Please review program flyers for pricing and registration information.

SMART START 6 Week Workout Schedule

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

- 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.
- 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.
- Classes and/or schedule subject to change at any time.