



# YMCA of the Highland Lakes - Burnet, TX

Effective: 9/15/2017

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING</b>	5:30 AM	<b>BODYPUMP</b> Josh / Studio				<b>BODYPUMP</b> Erica / Studio	
	6:00 AM		<b>CYCLE</b> Ben / Cycle Room		<b>CYCLE</b> Ben / Cycle Room		
	8:00 AM	<b>BODYPUMP</b> Teri / Studio	<b>BODYPUMP</b> Carley / Studio	<b>BODYSTEP</b> Teri / Studio	<b>BODYSTEP Athletic</b> Carley / Studio	<b>BODYSTEP</b> Teri / Studio	<b>BODYPUMP (8:15am)</b> Teri / Josh / Erica Studio
	9:00 AM	<b>ZUMBA (9:05am)</b> Erica / GYM	<b>BODYSTEP Athletic (9:10am)</b>  Carley / Studio <b>CYCLE</b> Ben / Cycle Room	<b>ZUMBA (9:05am)</b> Erica / GYM	<b>BODYPUMP (9:10am)</b> Carley / Studio <b>CYCLE</b> Ben / Cycle Room	<b>TOTAL SCULPT (9:05am)</b> Kitty / Studio	<b>ZUMBA (9:20am)</b> Erica / Amanda Studio
	10:00 AM		<b>FIT FOR LIFE</b> Barbara / Studio				
	10:05 AM	<b>PILATES</b> Kitty / Studio		<b>PILATES</b> Kitty / Studio		<b>YOGA</b> Kitty / Studio	
	10:30AM	<b>SIT 'N' BE FIT</b> Barbara / Cycle Room		<b>SIT 'N' BE FIT</b> Barbara / Cycle Room		<b>SIT 'N' BE FIT</b> Sonja / Delta Cycle Room	
	11:00 AM		<b>PILATES</b> Barbara / Studio				
<b>EVENING</b>	5:30 PM		<b>CYCLE</b> Laura / Cycle Room <b>YOGA</b> Ione / Studio (studio opens at 5:20pm)		<b>YOGA</b> Ione / Studio (studio opens at 5:20pm)		
	5:45 PM	<b>BODYPUMP</b> Erica / Studio		<b>BODYPUMP</b> Teri / Studio			
	6:15 PM				<b>ZUMBA</b> Amanda / Studio		
<b>POOL</b>	9:00 AM	<b>CARDIO SPLASH</b>	<b>AQUA JAM</b>	<b>CARDIO SPLASH</b>	<b>AQUA JAM</b>	<b>CARDIO SPLASH</b>	
	10:30 AM						<b>AQUA ZUMBA</b> Erica / Amanda 
	5:45 PM	<b>AQUA JAM</b>		<b>AQUA JAM</b>			

## CHILD WATCH HOURS

**Monday – Friday:**

7:45 a.m. – 11:15 a.m.  
& 4:30 p.m. – 7:15 p.m.

**Saturday:**

8:00 a.m. – 11:15 a.m.

**Our group exercise classes are suitable for all fitness levels.**

**Instructors will show options and modifications to your needs.**

Out of courtesy to our members, please do not enter class 5 minutes after class start time.

Schedule is subject to change at anytime.

**If attending a BODYPUMP class, please arrive 10 minutes before class start time. PLEASE BE AWARE, some classes use strobe lights. if you have a medical issue that require them off, please notify instructor before class.**