



YMCA of the Highland Lakes - Burnet, TX

Effective: 8/1/2017

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	5:30 AM	BODYPUMP Josh / Studio				BODYPUMP Erica / Studio	
	6:00 AM		CYCLE Ben / Cycle Room		CYCLE Ben / Cycle Room		
	8:00 AM	BODYPUMP Teri / Studio	BODYPUMP Carley / Studio	BODYSTEP Teri / Studio	BODYSTEP Athletic Carley / Studio	BODYSTEP Teri / Studio	BODYPUMP (8:15am) Teri / Josh / Erica Studio
	9:00 AM	ZUMBA Erica / GYM	BODYSTEP Athletic  (9:10am) Carley / Studio CYCLE Ben / Cycle Room	ZUMBA Erica / GYM	BODYPUMP (9:10am) Carley / Studio CYCLE Ben / Cycle Room	TOTAL SCULPT (9:05am) Kitty / Studio	ZUMBA (9:20am) Erica / Amanda Studio
	10:00 AM		FIT FOR LIFE Barbara / Studio				
	10:05 AM	PILATES Kitty / Studio		PILATES Kitty / Studio		YOGA Kitty / Studio	
	10:30AM	SIT 'N' BE FIT Barbara / Cycle Room		SIT 'N' BE FIT Barbara / Cycle Room		SIT 'N' BE FIT Sonja / Delta Cycle Room	
	11:00 AM		PILATES Barbara / Studio				
EVENING	5:30 PM		CYCLE Laura / Cycle Room YOGA Ione / Studio (studio opens at 5:20pm)		YOGA Ione / Studio (studio opens at 5:20pm)		
	5:45 PM	BODYPUMP Erica / Studio		BODYPUMP Teri / Studio			
	6:15 PM				ZUMBA Amanda / Studio		
POOL	9:00 AM	CARDIO SPLASH	AQUA JAM	CARDIO SPLASH	AQUA JAM	CARDIO SPLASH	
	10:30 AM						AQUA ZUMBA Erica / Amanda 
	5:45 PM	AQUA JAM	H2O TBT	AQUA JAM	H2O TBT		

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.

YMCA of the Highland Lakes Group Exercise

LES MILLS **BODYPUMP**

Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 430* calories. Instructors will coach you through the scientifically proven moves and techniques, pumping out encouragement, motivation and great music helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more. *Please arrive 10 minutes prior to class to allow for set up.*

Duration: 60 minutes

STRENGTH

LES MILLS **BODYSTEP**

Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP- a full-body cardio workout to really tone your butt and thighs. Your instructor will coach you through the workout. We play invigorating, hit music and inject a whole lot of fun and personality along the way. You can burn up to 620* calories and you'll leave buzzing with satisfaction.

Duration: 60 minutes

CARDIO

ZUMBA

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often classes exercise in disguise.

Duration: 60 minutes

CARDIO

CYCLE

Indoor cycling class using different levels of resistance to take participants through different terrains and intensities. *Please arrive 10 minutes prior to class to allow for set up.*

Duration: 60 minutes

TOTAL SCULPT

Weight training designed to change your body composition from fat to lean muscle. This 55 minute continuous weight training class focusing on muscle endurance, definition and range of motion. A total body workout that is good for the beginner and the experienced.

Duration: 55 minutes

STRENGTH

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. Yoga is designed to sling the body and mind, using correct posture and controlled breathing to increase muscle tone and flexibility. *You are welcome to bring your own mat.*

Duration: 60 minutes

CORE/ FLEXIBILITY

PILATES

This one hour mat class will challenge your "power house"(core) in Standard Pilates format. Connect your breathing to your core; increase your strength, flexibility and range of motion. You are welcome to bring your own mat.

Duration: 60 minutes

CORE/ FLEXIBILITY

SIT 'N' BE FIT

Chair-based fitness program for individuals at all levels who want to improve endurance, strength, flexibility and balance. Come get fit with us and make friends.

Duration: 60 minutes

CORE/ FLEXIBILITY

FIT FOR LIFE

Sit 'N' Be Fit taken to the next level. FIT FOR LIFE will be a combination of exercises to improve endurance, strength, flexibility and balance. This class will incorporate standing to prepare you to be FIT FOR LIFE!

Duration: 60 minutes

CORE/ STRENGTH

WATER FITNESS

CARDIO SPLASH

Shallow aquatic fitness class designed to maximize the water's resistance. Improve cardiorespiratory fitness, muscular endurance and flexibility. Water resistance movements and drills will enhance balance, coordination, agility and reaction time. Web gloves and noodles provided. Non-swimmers welcome.

Duration: 60 minutes

CARDIO/ CORE

HYDRO FIT

Hydro-Fit is shallow water, non-impact, high energy class. Hand buoys and water gloves are provided for upper body resistance and help to isolate abdominal muscles. The class sequence includes warm-up, aerobic phase, abdominal element, and a stretch and cool down. This class is appropriate for all ages and fitness levels. First time participants are encouraged to come to class a few minutes early to be shown how to use the equipment.

Duration: 60 minutes

STRENGTH/ FLEXIBILITY

H2O TBT

Get transported back to the 80's and 90's while getting high intensity water fitness that provides the benefits of a pool, with little to no impact on joints, as well as benefits of weight and resistance training of a traditional gym workout. Helping you maximize the number of calories burned to achieve your fitness goal.

Duration: 60 minutes

CARDIO/ STRENGTH

AQUA JAM

Get your cardio and strength training to upbeat music from every generations. Class consist of a workout for the upper lower body, includes an abdominal element, as well and stretching and cool down **WARNING:** May be exposed to "Free Entertainment" aka dancing and singing instructor

Duration: 60 minutes

CARDIO/ STRENGTH



Those looking to make a splash by adding a low-impact, high energy aquatics exercise to their fitness routine. Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss. There is less impact on your joints during Aqua Zumba class so you can really get loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Duration: 60 minutes

CARDIO/ CORE

YMCA of the Highland Lakes at Galloway-Hammond
1601 S. Water Street
Burnet, TX 78611
(512) 756-6180

 = denotes a 45 minute class

All classes and instructors are subject to change at any time as necessary.