

# CHASCO Family YMCA Group Exercise – Round Rock TX

Effective **10/2/2017**

MORNING

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:20am	RPM Sharonda/Cycle	BODYPUMP Sharonda/Mini Gym	SPRINT *30m Sharonda/Cycle	BODYPUMP Donna/Mini Gym			
6:00am			CXWORX*30m Sharonda/Mini Gym				
7:00am		SPRINT*30m Shaun/Cycle		SPRINT*30m Shaun/Cycle			
7:30am				Small Group Pilates Laura/Studio			
8:00am			HIIT *30m Nadya/Studio Circuit Training Julie/Loft	HIIT *30M Kim/Mini Gym	CX WORX*30m Terian/Mini Gym	GRIT *30m Michelle/Studio	
8:30am	BODYPUMP Tanja/Mini Gym BODYVIVE *30m Tina/Studio	Pilates Laura/Studio RPM Katie/Cycle HIIT *30m Terian/Mini Gym	BODYPUMP Demetria/Mini Gym Zumba Tas/Studio	BODYPUMP*30m Sharonda/Mini Gym TRX Julie/Loft RPM Indira/Cycle	BODYVIVE Tina/Studio BODYSTEP (8:35) Terian/Mini Gym	BODYPUMP Sharonda/Mini Gym HIIT *30m Michelle/Studio	
9:00am	CX WORX*30m Tina/Studio	CX WORX*30m Terian/Mini Gym		CX WORX*30m (9:05) Sharonda/Mini Gym BOSU *30m Kim/Big Gym			
9:30am	TRX Julie/Loft	BOSU Julie/Loft	RPM Julie/Cycle	CIRCUIT TRAINING Julie/Loft	BARRE Julie/Loft RPM Katie/Cycle		
9:35am	CARDIO DANCE Elizabeth/Studio RPM *30m (9:45) Katie/Cycle GRIT*30m Terian/Mini Gym	STRONG by ZUMBA Stephanie/Mini Gym ZUMBA Amy/Studio	SilverSneakers Yoga Meena/Studio BODYSTEP 30m Demetria/Mini Gym	BODYCOMBAT Nadya/Mini Gym ZUMBA Amy/Studio	BODYPUMP Tanja/Mini Gym CARDIO DANCE Tas/Studio	ZUMBA Stephanie/Studio RPM Mark/Gayle/Cycle BODYSTEP *45m Demetria/Mini Gym	
10:05am			CX WORX*30m Demetria/Mini Gym				
10:30am	Senior Circuit Tina/Loft					CX WORX*30m Demetria/Mini Gym	
10:35am	BODYPUMP Terian/Mini Gym PiYo Elizabeth/Studio				POP Pilates Alicia/Studio CX WORX*30m Katie/Mini Gym		
10:45am		POWER YOGA Angela/Studio	BODYFLOW Demetria/Studio	POWER YOGA Angela/Studio			
11:15am		SilverSneakers Classic Tina/Mini Gym		SilverSneakers Classic Jessica P/Mini Gym	ZUMBA GOLD Monica/Mini Gym		
11:45am	YOGA Marla/Studio		YOGA Marla/Studio				
11:55am			BODYPUMP Leah/Mini Gym				

EVENING	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1:00pm			SilverSneakers Cardio Tina/Mini Gym				
	2:00pm	SilverSneakers Yoga Meena/Mini Gym						TRX *40m Steve/Loft
	5:00pm			BEAST BOOTCAMP – FREE! Sports Fields				
	5:30pm	HIIT *30m Mini Gym CX WORX* 30m Demetria/Studio	BODYPUMP Zeke/Mini Gym KARATE Studio	GRIT Michelle/Mini Gym	BODYPUMP Nadya/Mini Gym KARATE Studio			
	6:00pm	BODYCOMBAT *30m Nadya/Mini Gym BODYSTEP *45m Demetria/Studio RPM Julie/Cycle			BODYCOMBAT Michelle/Mini Gym			
	6:35pm	BODYPUMP (6:45) Donna/Mini Gym	TRX *40m (6:30) Steve/Loft ZUMBA Kathy/Mini Gym		HIIT *30m Nadya/Mini Gym			
	7:00pm			BODYPUMP Zeke/Mini Gym YOGA Patricia/Studio	ZUMBA (7:05) Kathy/Mini Gym			

**BEAST BOOTCAMP IS FREE FOR MEMBERS AT BOLES SPORTS FIELD ON MAYS ST.**

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

**\*30 – 30 minute class format    \*40 – 40 minute class format    \*45 – 45 minute class format**

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](http://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.