

CHASCO Family YMCA Group Exercise – Round Rock TX

Effective 8/7/2017

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		CX WORX*30m Tina/Mini Gym	GRIT *30m Michelle/Studio		
	8:30am	BODYPUMP Tanja/Mini Gym BODYVIVE *30m Tina/Studio	Pilates Laura/Studio RPM Katie/Cycle SHRED *30m Stephanie/Mini Gym	BODYPUMP Tanja/Mini Gym Zumba Tas/Studio	BODYPUMP Sharonda/Mini Gym TRX Julie/Loft RPM Indira/Cycle	BODYVIVE Tina/Studio BODYSTEP ATHLETIC (8:35) Carley/Mini Gym	BODYPUMP Sharonda/Mini Gym HIIT *30m Michelle/Studio		
	9:00am	CX WORX*30m Tina/Studio	CX WORX*30m Sharonda/Mini Gym		CX WORX*30m (9:05) Sharonda/Mini Gym				
	9:30am	TRX Julie/Loft		RPM Julie/Cycle	CIRCUIT TRAINING Julie/Loft	BARRE Julie/Loft RPM Katie/Cycle			
	9:35am	CARDIO DANCE Elizabeth/Studio	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	BODYCOMBAT Nadya/Jessica Studio RPM Mark/Gayle/Cycle BODYSTEP *45m Demetria/Mini Gym		
	9:45am	RPM *30m Cycle INSANITY*30m Stacy/Mini Gym							
	10:05am			CX WORX*30m Demetria/Mini Gym					
	10:25am	Senior Circuit Tina/Loft						CX WORX*30m Demetria/Mini Gym	
	10:35am	BODYPUMP TBD/Mini Gym PiYo Elizabeth/Studio					PiYo Alicia/Studio CX WORX*30m Katie/Mini Gym		
	10:45am		POWER YOGA Angela/Studio			POWER YOGA Angela/Studio			
	11:15am		SilverSneakers Cardio Tina/Mini Gym			SilverSneakers Classic Jessica P/Mini Gym	SilverSneakers Cardio Tina/Mini Gym		
11:45am	YOGA Marla/Studio			YOGA Marla/Studio					
11:55am			BODYPUMP Leah/Mini Gym						

Please see reverse side for the AFTERNOON/EVENING schedule.

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

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EVENING	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	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	BODYVIVE *30m Alicia/Studio	BODYPUMP Nadya/Mini Gym KARATE Studio				
	6:00pm	BODYCOMBAT *30m Nadya/Mini Gym BODYSTEP *45m Demetria/Studio RPM Julie/Cycle		BODYCOMBAT *45m Michelle/Mini Gym PiYo (6:05) Alicia/Studio					
	6:35pm	BODYPUMP (6:45) Donna/Mini Gym	TRX *40m (6:30) Steve/Loft ZUMBA Debbie/Mini Gym		HIIT *30m Nadya/Mini Gym				
	7:00pm			BODYPUMP Zeke/Mini Gym	ZUMBA (7:05) Kathy/Mini Gym				

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

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*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 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.

Highlighted classes indicate a change to instructor and/or format effective until September 4, 2017.