

Hutto Family YMCA Group Fitness – Hutto, TX

Effective 4/19/2021

MORNING

EVENING

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:20am	BODYPUMP Mary/Studio	RPM John/Cycle	BODYPUMP Mary/Studio	RPM John/Cycle	SPRINT Diana/Cycle	Classes in Red are Fee Based	
8:45am						Les Mills Core*30 Nicole/Studio	
9:00am	Les Mills Core*30 Terian/Studio		Les Mills Core*30 Terian/Studio				
9:15am	TRX Tabata Angie/Gym					GRIT Nicole/Studio	
9:30am		BODYPUMP Angie/Studio	CARDIO DANCE Stacy/Gym	BODYPUMP Michelle/Studio	CARDIO DANCE Stacy/Gym		
9:35am	BODYSTEP *30 Terian/Studio		BODYSTEP *30 Terian/Studio				
10:00am	Senior Splash Pool		Aqua Zumba Pool		Senior Splash Pool	BODYPUMP Diana/Studio	
10:05am		SPRINT Diana/Cycle					
10:30am	BODYFLOW Diana/Studio		BODYFLOW Diana/Studio				
11:30am	ZUMBA GOLD Monica/Studio	Senior Circuit Angie/Studio		SilverSneakers Classic Monica/Studio	SilverSneakers Chair Yoga Angie/Studio		
4:30pm	Teen Strength & Agility Akeria/Gym						
5:30pm		BODYCOMBAT Donna/Studio		BODYCOMBAT Donna/Studio			
5:45pm					Les Mills Core*30 Nicole/Studio		
6:00pm	Les Mills Core*30 Nicole/Studio		ZUMBA Tania/Studio				
6:15pm					GRIT Nicole/Studio		
6:35pm	GRIT Nicole/Studio	BODYPUMP Donna/Studio		BODYPUMP Donna/Studio			
7:00pm	ZUMBA Emilie/Studio						

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.
- Chewing gum is NOT allowed in group fitness classes.
- 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.