

HUTTO Family YMCA Group Fitness – Hutto, TX

Effective 08/14/19

| | TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------------|---------|---|--|--|---|---|--------------------------------------|-------------------------------|
| MORNING | 5:20am | BODYPUMP Mary/Studio | RPM John/Cycle | BODYPUMP Mary/Studio | RPM John/Cycle | SPRINT *30 Staff/Cycle | | |
| | 5:55am | | | | | CX WORX*30 Staff/Studio | | |
| | 8:30am | BODYSTEP ATHLETIC *30 Rachel/Studio | CARDIO DANCE Stacy/Studio | INSANITY*30 Stacy/Studio | CX WORX*30 Amber/Studio | TABATA *30 Leah/Studio | RPM Kim K/Diana N Cycle | |
| | 8:45am | | | | | | TABATA *30 Leah/Studio | |
| | 9:05am | CX WORX*30 Staff/Studio | | CX WORX*30 Sharonda/Studio | BODYSTEP *30 Amber/Studio | BODYPUMP *45 Ashley/Studio | | |
| | 9:35am | CARDIO DANCE Kathy/Studio | | | | | BODYPUMP Leah/Studio | |
| | 9:45am | RPM Diana N/Cycle | BODYPUMP Michelle/Studio | CARDIO DANCE Stacy/Studio SPRINT *30 Sharonda/Cycle | BODYPUMP Michelle/Studio | | | |
| | 9:55am | | | | | ZUMBA *50 Monica/Studio FREESTYLE CYCLE *30 Ashley/Cycle | | |
| | 11:00am | YOGA Meena/Studio | | YOGA Meena/Studio | | SilverSneakers YOGA Meena/Studio | | |
| | 11:15am | | SilverSneakers CLASSIC Monica/Studio | | SilverSneakers CLASSIC Meena/Studio | | | |
| 11:30am | | | ZUMBA GOLD Monica/Mini Gym | | | | | |
| AFTERNOON / EVENING | 12:00pm | | | | Women's HIIT*30 Jane/Gym | | | |
| | 12:15pm | | | | SR YOGA Meena/Studio | | | |
| | 2:00pm | | | | | | | BODYPUMP Ivy/Studio |
| | 4:30pm | FREESTYLE CYCLE *30 Brook/Cycle | | FREESTYLE CYCLE *30 Brook/Cycle | | | | |
| | 5:10pm | ARMS & ABS *20 Brook/Studio | | ARMS & ABS *20 Brook/Studio | | | | |
| | 5:30pm | | BODYCOMBAT LaQisha/Studio | | | | | |
| | 6:00pm | BODYPUMP Leah/Studio | | | BODYPUMP Donna/Studio | | | |
| | 6:35pm | RPM Kim/Cycle | BODYPUMP Ivy/Studio | RPM Gina/Cycle | | | | |
| | 7:00pm | YOGA Patricia/Studio | | | | | | |

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

 = NEW CLASS OR NEW CLASS TIME

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.
- 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.