

CHASCO Family YMCA Group Fitness – Round Rock, TX

Effective 9/27/2021

MORNING

EVENING

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:20am	RPM *50 Gina/Cycle						
8:00am				PILATES (7:30) Studio 2	Les Mills Core*30 Elise/Studio 1	GRIT Michelle/Studio 2	
8:30am	Les Mills Core*30 Rachel/Studio 1	BODYSTEP *60 Elise/Studio 1	BODYFLOW Brenda/Studio 1	GRIT CARDIO Demetria/Studio 1 SPRINT Sharonda/Cycle	BODYSTEP *45 Elise/Studio 1 BODYFLOW Brenda/Studio 2	BODYPUMP Demetria/Studio 1 BODYFLOW *30 Michelle/Studio 2	
9:00am	Tone (9:05) Rachel/Studio 1 RPM Sharonda/Cycle	HIIT Nadya/Studio 2	RPM *50 Angie/Cycle	BODYPUMP *30 Demetria/Studio 1 (9:05)		Les Mills Core*30 Rachel/Studio 2	
9:30am	BODYPUMP (9:40) Nadya/Studio 1 TRX Functional Room	Les Mills Core*30 Nadya/Studio 2 BARRE Barre Studio	FULL BODY CIRCUIT Julie/Studio 2 Rockin Booty PT Room	RPM *50 Julie/Cycle BARRE Barre Studio	GRIT Demetria/Studio 2 CARDIO DANCE Stacy/Studio 1 TRX Circuit Functional Room	RPM *50 Mark/Cycle BODYSTEP *45 Rachel/Studio 2 (9:40)	
10:05am					FLOW FLEXIBILITY Demetria/Studio 2		
10:30am			SilverSneakers YOGA Patricia/Studio 1				
11:15am	Senior Circuit PT Room						
11:45am	YOGA Patricia/Studio 1		YOGA Patricia/Studio 1				
12:00pm		SilverSneakers Classic Monica/Studio 1		SilverSneakers Classic Menna/Studio 1	ZUMBA GOLD Monica/Studio 1		
2:00pm	SilverSneakers YOGA Meena/Studio 1						
5:30pm	Les Mills Core*30 Demetria/Studio 1 Rockin Booty PT Room	TRX Tabata Functional Room	Les Mills Core*30 Rachel/Studio 1	BODYPUMP Nadya/Studio 1			
5:45pm		BODYFLOW Renee/Studio 2					
6:00pm	RPM *50 Mark/Cycle		Sprint *30 Katie/Cycle (6:05)				
6:10pm	BODYSTEP *45 Demetria/Studio 1		BODYSTEP *45 Rachel/Studio 1	Strength & Conditioning Fitness Floor (6:30)			

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.