

CHASCO Family YMCA Group Fitness – Round Rock TX

Effective **05/12/19**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:20am	RPM Sharonda/Cycle	BODYPUMP Sharonda/Studio 1	SPRINT *30 Sharonda/Cycle	BODYPUMP Donna/Studio 1 BOOTCAMP Kathy/Gym	RPM Gina/Cycle QUEENAX *30 (5:30) Kathy/Queenax		
6:00am			CXWORX*30 Sharonda/Studio 1				
7:30am				Small Group Pilates Lara/Studio 2		SPRINT *30 Mark/Bethany Cycle	
8:00am			CIRCUIT TRAINING Julie/WC		CX WORX*30 Terian/Studio 1	GRIT *30 Michelle/Studio 2	
8:30am	BODYPUMP Tanja/Ashley Studio 1 QUEENAX Julie/Queenax	Pilates Lara/Studio 2 SPRINT *30 Katie/Cycle HIIT *30 Nadya/Studio 1	BODYPUMP Tanja/Studio 1 Zumba Tas/Studio 2 BARRE Shelbey/KB BOOTCAMP Nadya Sports Fields	TRX Julie/WC SPRINT *30 Bethany/Cycle HIIT *30 Kim/Studio 1 QUEENAX *30 Kathy/Queenax	BODYFLOW Brenda/Studio 2 BODYSTEP (8:35) Terian/Studio 1	BODYPUMP Sharonda/Studio 1 HIIT *30 Michelle/Studio 2	
9:00am	CX WORX*30 Katie/Studio 2	CX WORX*30 Nadya/Studio 1 QUEENAX *30 Kathy/Queenax		BOSU *30 Kim/Studio 1 CX WORX*30 Nadya/Studio 2		BOOTCAMP Travis Sports Fields	
9:30am	TRX Julie/WC	BARRE Shelbey/KB	RPM Julie/Cycle	CIRCUIT TRAINING Julie/WC BARRE Shelbey/KB	TRX CIRCUIT Julie/WC RPM Katie/Cycle YOGA SERIES Melissa/KB QUEENAX *30 Kathy/Queenax		
9:35am	RPM Katie/Cycle HIIT *30 Nadya/Studio 1 CARDIO DANCE Kim/Studio 2	BODYSTEP Terian/Studio 1 ZUMBA Kathy/Studio 2 SS TRX Jane/PT	BODYSTEP*30 Elise/Studio 1	CARDIO DANCE Melissa/Studio 1 BODYCOMBAT Nadya/Studio 2	BODYPUMP Lindsey/Studio 1 CARDIO DANCE Tas/Studio 2	ZUMBA Tania/Studio 1 BODYSTEP Rachel/Studio 2 RPM Mark/Gina Cycle	
10:05am	BODYCOMBAT *30 (10:00) Nadya/Studio 1		CX WORX*30 Elise/Studio 2				
10:15am			SilverSneakers Yoga Patricia/Studio 1				
10:35am	BODYPUMP Nadya/Studio 1						
10:45am	BODYFLOW Brenda/Studio 2	POWER VINYASA Melissa/Studio 2	BODYFLOW Brenda/Studio 2	POWER VINYASA Melissa/Studio 2		BODYFLOW Brenda/Studio 1	
11:15am	Senior Circuit Kathy/WC	SilverSneakers Classic Meena/Studio 1	SS QUEENAX *30 (11am) Kathy/Queenax	SilverSneakers Classic Nadya/Studio 1			
11:30am					ZUMBA GOLD Monica/Studio 1		
11:45am	YOGA Patricia/Studio 1		YOGA Patricia/Studio 1			HIGHLIGHTED CLASSES ARE NEW	

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00pm		S.W.E.A.T. Ryann/Gym		S.W.E.A.T. Ryann/Gym		HIGHLIGHTED CLASSES ARE NEW	
1:10pm			SilverSneakers Cardio Monica/Studio 1				
1:30pm							TRX S&C Steve/PT
2:00pm	SilverSneakers Yoga Meena/Studio 1						
5:30pm	CX WORX*30 Amber/Studio 1	BODYPUMP Zeke/Studio 1 KARATE Karate/Dance	GRIT *30 Michelle/Studio 1	BODYPUMP Nadya/Studio 1 KARATE Karate/Dance			
6:00pm	BODYSTEP *45 Amber/Studio 1 RPM Julie/Cycle		BODYCOMBAT Michelle/Studio 1 RPM Kim K/Cycle BOOTCAMP Travis Sports Fields	BODYSTEP LaQuisha/Studio 2			
6:30pm		TRX S&C Steve/PT Room SPRINT *30 Katie/Cycle ZUMBA (6:35) Tania/Studio 1	QUEENAX *30 Steve/Floor	HIIT *30 (6:35) Nadya/Studio 1 SPRINT *30 Katie/Cycle			
7:00pm	BODYPUMP Donna/Studio 1		BODYPUMP Zeke/Studio 1 YOGA Maura/Studio 2 ***FREE TRX*** Steve/Queenax	CARDIO DANCE (7:05) Stacy/Studio 1 KARATE Studio 2			

Classes in **RED** denote FEE BASED PROGRAMS. See the Small Group Training Brochure for registration information.

SMART START 6 Week Workout Schedule

WEEK	CARDIO	STRENGTH	CORE/ FLEXIBILITY
1	1 X 20 mins	1 x 20 mins	1 x 10 mins
2	2 x 20 mins	1 x 30 mins	1 x 20 mins
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

- Classes and/or schedule subject to change at any time.
- 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.
- Studios will remain locked and will be unlocked 10 min before the start of the first class of the day.
- 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.
- Chewing gum is NOT allowed in ANY group fitness class.
- 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.

*****FREE TRX***** - First Come, First Serve at the Queenax Unit. Only 6 members per class. TWO FREE CLASSES PER MEMBER. Members must purchase a TRX session after the TWO FREE classes have been used if they would like to continue to train with the TRX units.