

Twin Lakes Family YMCA - Cedar Park, TX

Effective: 4/22/2019

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	5:15 AM	BODYPUMP Genise / Studio	BODYFLOW Diana / Studio	RPM 45' (5:15am) Diana / Cycle		BODYPUMP Lisa / Studio		
	8:30 AM	BODYPUMP Carley / Studio YOGA Laura G / SMB	ZUMBA Kelly / Studio CYCLE Marne / Cycle	BODYPUMP Carley / Studio POWER YOGA Sharon / SMB	R.I.P.P.E.D Tracy / Studio RPM Amy / Cycle	ZUMBA Kelly / Studio POWER YOGA Sharon / SMB	ATHLETIC TRAINING 45' (8:15am) Marne / Studio	
	9:35 AM	BODYSTEP Holly / Studio	R.I.P.P.E.D Tracy / Studio	ATHLETIC TRAINING 45' Marne / Studio	BODYCOMBAT Amy / Studio INSANITY Carolyn / SMB	BODYSTEP Studio	Cycle (9:00am) Chance/Cycle BODYSTEP 30' (9:05am) Carley / Studio BODYPUMP (9:40am) Carley/Studio	
	10:30 AM		BODYFLOW (10:40am) Diana / Studio	CYCLE X (10:15am) Tracy / Cycle BODYSTEP Holly / Studio	BODYFLOW (10:40am) Brenda / Studio	CYCLE Amy / Cycle	First Saturday of the Month BODYFLOW Technique Class 10:00-10:30 BODYFLOW (10:30am) Joel / SMB	
	10:40 AM	HATHA YOGA Sharon A / SMB				HATHA YOGA Sharon A / SMB	BODYCOMBAT (10:45am) Michelle / Studio	
	11:00 AM			HATHA YOGA (11:10am) Sharon A / SMB		BODYPUMP (11:20am) Carley / Studio		
AFTERNOON	12:00 PM	TAI CHI (12:05pm) Louis / SMB	Line Dance Beginner (12:15pm) Pat / Studio		Line Dance Intermediate (12:15pm) Joan / SMB	Line Dance Beginner/Inter. (12:30pm) Joan / SMB		
	1:00 PM	ZUMBA GOLD (1:10pm) Cindy / Studio		ZUMBA GOLD (1:10pm) Cindy / Studio				CYCLE (1:15pm) Jana / Cycle
	2:00 PM	Silver Sneakers Strength Laura G / Studio	Silver Sneakers Cardio Laura G / Studio	Silver Sneakers Strength Mary / Studio	Silver Sneakers Chair Yoga Laura / SMB	Silver Sneakers Strength Mary / Studio		First Sunday of the Month BODYPUMP Technique Class 2:00-2:30 Lisa / Studio
								BODYPUMP (2:30) Lisa/Studio
	3:00 PM				FIT KIDS Fee Based (3:45pm) Jaime/SMB			HATHA YOGA Sharon / SMB
4:30 PM	BODYPUMP Gissella / Studio	ATHLETIC TRAINING 45' Emily / Studio	CORE POWER 45' Tracy / Studio	BODYPUMP Jenn / Studio ZUMBA KIDS Jessica / SMB	<h2>CHILD WATCH HOURS</h2> <p>Monday – Friday: 8:00 a.m. – 1:00 p.m / 3:30 p.m. – 8:00 p.m. Saturday: 8:00 a.m. -3:00 p.m. Sunday: 1:00 p.m. – 4:30 p.m.</p> <p>Our group exercise classes are suitable for all fitness levels. Instructors will show options and modifications to meet your needs.</p>			
5:15 PM		SMART START BODYSTEP 30' (5:20pm) Linda / Studio						
5:40 PM	BODYCOMBAT Amy / Studio		BODYPUMP Heather / Studio	BODYCOMBAT (5:45pm) Jessica / Studio				
6:00 PM	CYCLE/ FAMILYCYCLE Ben/Cycle	SMART START BODYPUMP 45' (5:55pm) Lisa / Studio BODYFLOW (6:30pm) Joel / SMB		CYCLE/ FAMILY CYCLE Jana / Cycle YOGA (6:30pm) Ashleigh / SMB				
6:45 PM	ZUMBA Gissella / Studio	CYCLE Ben / Cycle	ZUMBA Brenda / Studio					

Please be aware, some GroupX classes use a strobe light. If you have medical issues that require them to be turned off, please let the instructor know before class.

Please see reverse side for class descriptions.