

# GROUP FITNESS SCHEDULE



AT

AUSTIN COMMUNITY  
RECREATION CENTER

## CURBSIDE FITNESS

**MUST REGISTER - MAX 1 CLASS PER DAY PER MEMBER -  
MAY SIGN UP 24 HOURS PRIOR TO CLASS OFFERING**

We are thrilled to have the ability to offer you a selection of our group exercise classes held by some of your favorite instructors. To register for Curbside fitness, click here or type this address in your web browser: <https://ymcacurbsidefitness.as.me/>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	<b>Boot Camp</b> 6:15 - 7:00	<b>Cycle</b> 6:15 - 7:00	<b>Cycle</b> 6:15 - 7:00	<b>Cycle</b> 6:15 - 7:00	<b>Boot Camp</b> 6:15 - 7:00		
7am		<b>Body Sculpt</b> 7:30 - 8:15		<b>Body Sculpt</b> 7:30 - 8:15			
8am	<b>Active/Ageless Strength</b> 9:00 -9:30				<b>Active/Ageless Strength</b> 9:00 -9:30		
9am		<b>Gentle Yoga</b> 9:30 - 10:00		<b>Gentle Yoga</b> 9:30 - 10:00			
10am	<b>Fit Step</b> 10:00 - 10:30		<b>Fit Step</b> 10:00 - 10:30		<b>Fit Step</b> 10:00 - 10:30		
11am	<b>Kickbox</b> 11:00 - 11:30				<b>Kickbox</b> 11:00 - 11:30		
12pm	<b>HIIT</b> 12:30 - 1:15		<b>HIIT</b> 12:30 - 1:15				
5pm	<b>Aerobic Fusion</b> 5:00 - 5:45	<b>Kettlebells</b> 5:30 - 6:00	<b>Circuit Fusion</b> 5:00 - 5:45	<b>Kettlebells</b> 5:30 - 6:00			
6pm	<b>Kickbox</b> 6:30 - 7:00	<b>Yoga</b> 6:30 - 7:15	<b>Kickbox</b> 6:30 - 7:00	<b>Yoga</b> 6:30 - 7:15			

## VIRTUAL FITNESS

At this time, our Virtual Fitness takes place on Facebook. We are hoping to have our Virtual classes on our website in the near future. To access our Virtual Fitness, please click here or type this link in your web browser: <https://www.facebook.com/groups/VirtualYMCAatACRC>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9am					<b>Yoga</b> 9:00 - 9:45	<b>Group Power</b> 9:00 - 10:00 <b>Zumba</b> 9:15 - 10:00	
10am							<b>Group Power</b> 10:00 - 11:00
11am						<b>HIIT</b> 11:00 - 11:30	
12pm	<b>HIIT</b> 12:30 - 1:00		<b>HIIT</b> 12:30 - 1:00				
4pm		<b>HIIT</b> 4:30 - 5:00		<b>HIIT</b> 4:30 - 5:00			
5pm	<b>Group Power</b> 5:30 - 6:30	<b>Zumba</b> 5:15 - 6:00	<b>Group Power</b> 5:30 - 6:30	<b>Zumba</b> 5:15 - 6:00			
6pm	<b>Group Power</b> 6:30 - 7:30		<b>Group Power</b> 6:30 - 7:30				

## CLASS DESCRIPTIONS

### YMCA at Austin Community Recreation Center

**ACTIVE AGELESS STRENGTH** – Active Ageless Adults programming focused on maintaining an individual's independence, bone density, muscle integrity and cardiovascular endurance.

**AEROBIC FUSION** – Fun, challenging, moderate/fast paced movement sequences incorporating marching, grapevines, pivots, turns, knee lifts and much more! Come to class ready to exercise your body and your mind!

**BODY SCULPT** – Muscle conditioning class that provides a balanced total body workout.

**BOOTCAMP** – Fun workout that includes obstacle courses, stations and circuits. This workout contains cardio and strength conditioning and works on your power and agility. Featuring HIIT, Tabata and Interval style workouts.

**CIRCUIT FUSION** – Low to mid-impact interval/circuit based movement designed to improve your cardiovascular fitness. May incorporate balls, step & hand weights to provide additional resistance and challenge.

**CYCLE** – Indoor cycling workout incorporating visual imagery, verbal cues and energy zones. All fitness levels welcome as cyclists work at their own level.

**GENTLE YOGA** – Joining body, mind, and spirit to achieve a full-body experience. While taking a moderate approach to the traditional yoga class.

**GROUP POWER** – is designed for all fitness levels utilizing an adjustable barbell, weight plates, and body weight to perform lunges, presses, curls, and squats to strengthen all muscle groups. This is a low weight, high rep class that uses traditional strength training concepts in a large group setting with great music and even better energy!

**HIIT** – A form of interval training with a strategy of alternating short periods of intense anaerobic exercise with less intense recovery periods followed by a cool down. Improving overall athletic performance and metabolic conditioning. Workouts are tailored to each and every fitness level.

**KETTLEBELLS** – Class utilizing kettlebells that incorporate movements that result in a dynamic, whole-body exercise routine that incorporates cardiovascular, resistance and range-of-motion training.

**KICKBOX** – Utilizes boxing gloves and boxing bags. Gives a great cardiovascular and muscle conditioning workout. We cannot provide wraps or gloves. Please bring your own.

**YOGA** – Joining body, mind, and spirit to achieve a full-body experience. Creating a foundation for improved flexibility, joint mobility and mental clarity.