

# GROUP FITNESS CLASS SCHEDULE

## YMCA FACILITY HOURS

Monday - Friday • 5:00a - 10:00p  
Saturday • 7:00a - 9:00p  
Sunday • 9:00a - 6:00p

## CHILD WATCH HOURS

Monday - Friday • 8:00am - 8:00pm  
Saturday • 8:00am - 2:00pm  
Sunday • 11:00am - 5:00pm



AT

**AUSTIN COMMUNITY  
RECREATION CENTER**

**EFFECTIVE MARCH 7**

**PLEASE SCHEDULE ALL CLASSES THROUGH OUR SCHEDULING SOFTWARE SO WE CAN BETTER COMMUNICATE WITH YOU ABOUT ANY CLASS CHANGES OR CANCELLATIONS. Please type <https://ymcaatacrc.as.me/schedule.php> in your web browser to register for classes or visit [ymcaatacrc.org](https://ymcaatacrc.org). Be respectful of others and cancel your spot from a class if you know you are not able to attend.**

STUDIO A	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	<b>Boot Camp</b> 5:15 - 6:15				<b>Boot Camp</b> 5:15 - 6:15		
6am		<b>Body Sculpt</b> 6:00 - 6:45		<b>Body Sculpt</b> 6:00 - 6:45			
7am						<b>Cardio Pump 30/30</b> 7:30 - 8:30	
8am	<b>Active/Ageless Strength</b> 8:00 - 8:45		<b>Barre</b> 8:30 - 9:15		<b>Active/Ageless Strength</b> 8:00 - 8:45		
9am	<b>Fit Step</b> 9:00 - 9:30	<b>Body Sculpt</b> 9:00 - 9:45	<b>Fit Step</b> 9:30 - 10:00	<b>Women &amp; Weights</b> 9:00 - 9:45	<b>Fit Step</b> 9:00 - 9:30	<b>Group Power</b> 9:00 - 10:00	
	<b>Pilates Fusion</b> 9:30 - 10:00				<b>Pilates Fusion</b> 9:30 - 10:00		
10am						<b>Zumba</b> 10:30 - 11:15	
11am	<b>Battle Ropes Interval</b> 11:15 - 12:00						
12pm	<b>Barre</b> 12:15 - 1:00		<b>Women &amp; Weights</b> 12:15 - 1:00		<b>Barre</b> 12:15 - 1:00		
4pm	<b>Aerobic Fusion</b> 4:15 - 5:00		<b>Circuit Fusion/ Abs</b> 4:15 - 5:00		<b>Battle Ropes</b> 4:30 - 5:00		
5pm	<b>Active Abs</b> 5:00 - 5:30		<b>Active Abs</b> 5:00 - 5:30		<b>HIIT</b> 5:15 - 5:45		
	<b>HIIT</b> 5:45 - 6:15	<b>Zumba</b> 5:15 - 5:45	<b>HIIT</b> 5:45 - 6:15	<b>Zumba</b> 5:15 - 5:45			
6pm	<b>Group Power</b> 6:30 - 7:30	<b>Barre</b> 6:00 - 6:45	<b>Group Power</b> 6:30 - 7:30	<b>Barre</b> 6:00 - 6:45			
STUDIO B	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	<b>Pilates Fusion</b> 5:30 - 6:15		<b>Pilates Fusion</b> 5:30 - 6:15				
8am	<b>Yin Yoga</b> 8:45 - 9:45	<b>Gentle Pilates</b> 8:00 - 8:45		<b>Gentle Yoga</b> 8:00 - 8:45	<b>Yin Yoga</b> 8:45 - 9:45		
10am	<b>Yoga</b> 10:00 - 11:00		<b>Yoga</b> 10:00 - 11:00		<b>Yoga</b> 10:00 - 11:00	<b>Yoga</b> 10:15 - 11:15	
11am		<b>Pilates Fusion</b> 11:15 - 12:00		<b>Pilates Fusion</b> 11:15 - 12:00			
12pm							<b>Yoga By the Pool</b> 12:00 - 1:00
4pm	<b>Yoga Sculpt</b> 4:15 - 5:00		<b>Yoga Sculpt</b> 4:00 - 4:45				
7pm		<b>Yoga</b> 7:45 - 8:30		<b>Yoga</b> 7:45 - 8:30			

<b>STUDIO C</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
5am		<b>Cycle</b> 5:15 - 6:00		<b>Cycle</b> 5:15 - 6:00			
8am						<b>Cycle</b> 8:45 - 9:45	
10am		<b>Kickbox</b> 10:00 - 10:30		<b>Cycle</b> 10:00 - 10:30			
11am					<b>Cyclebox</b> 11:15 - 12:00		
12pm		<b>Cycle</b> 12:15 - 1:00					
5pm		<b>Cycle</b> 5:45 - 6:30		<b>Cycle</b> 5:45 - 6:30			
6pm			<b>Cyclebox</b> 6:30 - 7:15				
7pm		<b>Kickbox</b> 7:00 - 7:30		<b>Kickbox</b> 7:00 - 7:30			
<b>FITNESS FLOOR</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
5am	<b>Y45</b> 5:30 - 6:15	<b>Morning Burn</b> 5:30 - 6:00	<b>Y45</b> 5:30 - 6:15	<b>Morning Burn</b> 5:30 - 6:00	<b>Y45</b> 5:30 - 6:15		
6am		<b>Morning Burn</b> 6:00 - 6:30		<b>Morning Burn</b> 6:00 - 6:30			
10am	<b>TRX Circuit</b> 10:15 - 11:00		<b>TRX Circuit</b> 10:15 - 11:00		<b>TRX Circuit</b> 10:15 - 11:00		
12pm	<b>Y45</b> 12:00 - 12:45	<b>Noon Burn</b> 12:00 - 12:45	<b>Y45</b> 12:00 - 12:45	<b>Noon Burn</b> 12:00 - 12:45	<b>Y45</b> 12:00 - 12:45		
5pm	<b>TRX</b> 5:00 - 5:30		<b>TRX</b> 5:00 - 5:30				
	<b>Y45</b> 5:45 - 6:30	<b>After Burn</b> 5:45 - 6:15	<b>Y45</b> 5:45 - 6:30	<b>After Burn</b> 5:45 - 6:30	<b>Y45</b> 5:45 - 6:30		
6pm		<b>After Burn</b> 6:15 - 6:45		<b>After Burn</b> 6:15 - 6:45			
<b>WATER FITNESS</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
7am	<b>Shallow Water</b> 7:45 - 8:30	<b>Shallow Water</b> 7:45 - 8:30	<b>Aqua Zumba</b> 7:45 - 8:30		<b>Shallow Water</b> 7:45 - 8:30		
8am	<b>Deep Water Ex</b> 8:45 - 9:30	<b>Deep Water Ex</b> 8:45 - 9:30	<b>Water Fit</b> 8:45 - 9:30		<b>Deep Water Ex</b> 8:45 - 9:30		
6pm	<b>H2O Fit</b> 6:00 - 6:45		<b>H2O Fit</b> 6:00 - 6:45				

## CLASS DESCRIPTIONS

### YMCA at Austin Community Recreation Center

**ABS** - Express class designed to attack the abdominal & lower back muscles. Come to class warmed up.

**ACTIVE AGELESS STRENGTH** - Active Ageless Adults programming focused on maintaining an individuals 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!

**AQUA ZUMBA** is a dance fitness party in the pool. This low-impact, high-energy aquatic exercise is appropriate for all fitness levels and no swimming skills are needed.

**BARRE** - Combines elements of barre, dance and yoga. Exercises are high intensity and low impact, choreographed to fun and motivating music, and emphasize toning the legs and butt, as well as strengthening the core.

**BATTLE ROPE INTERVAL** - Get ready to sweat with this high energy, circuit style training incorporating Battle Ropes, Kettlebells and so much more.

**BATTLE ROPES** - High intensity workout that will focus on your abs, back, glutes and legs. Incorporating movements such as jumps, lunges, and squats.

**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.

**CARDIO PUMP 30/30** - Full-body workout that will consist of strength training, abs and flexibility. A workout truly for anyone in just one hour!

**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.

**CYCLEBOX** - The ultimate cardio workout hitting both upper and lower body by alternating intervals of cycling and boxing.

**DEEP WATER** - This class is held in the deeper water. Noodles and/or aqua belts are used for flotation Core strengthening, cardio, and range of motion exercises are the focus of this class.

**GENTLE PILATES** - A softer more basic approach to building that back, core, and upper body strength. Boosting range of motion and joint mobility while getting stronger and more flexible.

**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!

**H2O FIT** - This water fitness program provides a no- to low-impact but challenging cardiovascular workout. Participants may choose shallow or deep water. Noodles and styrofoam barbells are used to perform a variety of motions including water walking and running, abdominal work and toning exercises.

**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.

**KICKBOX** - Utilizes boxing gloves and boxing bags. Gives a great cardiovascular and muscle conditioning workout.

**MORNING BURN • NOON BURN • AFTER BURN** - Designed to provide a total body workout and to elevate your heart rate. These burn classes utilizes athletic drills, ropes, bodyweight exercises, plyometrics, kettlebells, and more to develop strength and conditioning through functional exercise.

**PILATES FUSION** - Putting together a blend of mat work specific to the Pilates method and throwing in a smidgen of various exercise equipment. This will help create better posture, a heightened sense of precision and control on the mat.

**SHALLOW WATER** - This class is held in the shallow water. Core strengthening, cardio, and range of motion exercises are the focus of this low-impact class.

**STEP** - Step up and down to a variety of moves.

**TRX CIRCUIT** - Fire up your core, hit every major muscle group and get ready to sweat with this total-body TRX Suspension Training workout.

**WOMEN & WEIGHTS** - Empowering women to gain confidence and be comfortable pumping iron. You will build muscle and scorch calories using a barbell and adjustable weights during a high repetition workout.

**YIN YOGA** - This is a slower more restorative yoga practice. Yin yoga works deeply into the connective tissues (ligaments, tendons, cartilage & fascia) to heal joints and increase flexibility through slow, gentle and sustained traction, which in turn also helps to strengthen them!

**Y45** - A 45 minute combination of weight training followed by high intensity intervals, calisthenics and cardio all designed to deliver a fitness aimed to help you excel both inside and out of the gym. All classes are led start to finish by a qualified instructor and with small class sizes, you will feel as if you have your very own personal trainer at every session.

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

**YOGA SCULPT** - Integrating light hand weights into a power vinyasa flow. Delivering an enhanced dynamic of strength to your traditional flow yoga class.

**ZUMBA** - A fun, Latin dance inspired workout with easy to follow steps that let you naturally move to the beat. Zumba brings together Salsa, Merengue, Samba, Raggaeton, African Beats, Cumbia and Funk.