



GROUP X STUDIO LIVE CLASS SCHEDULE

Twin Lakes Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am BodyPump (60min/Studio) Carley	8:30am YOGA (60min/SMB) Laura G	8:30am BodyPump (60min/Studio) Carley	8:30am Athletic Training (45min/Studio) Emily	9:15am Cycle (45min/Cycle) Marne	8:30am Athletic Training (45min/Studio) Emily	
	8:30am Zumba (60min/Studio) Jessica H		8:30am YOGA (60min/SMB) Laura G	9:30am Chair Yoga (60min/Gymnasium) Sharon A		
	9:30am Chair Yoga (60min/Gymnasium) Sharon A		9:30am BodyCombat (60min/Studio) Amy	9:30am Power Step (60min/Studio) Holly	9:25am BodyStep (30min/Studio) Shanna	
9:40am BodyStep (60min/Studio) Holly	9:30am BodyCombat (60min/Studio) Amy	9:40am BodyStep (60min/Studio) Linda	9:30am Strength & Tone (60min/Gymnasium)	10:45am Silver Sneakers Circuit (60min/Gymnasium) Holly		
		9:45am RPM (50min/Cycle) Amy		10:45am BodyPump (60min/Studio) Lisa	10:05am BodyPump (60min/Studio) Gissella	
1:10pm Zumba Gold (60min/Studio) Cindy	12:00pm Line Dance Beginner/ Intermediate (120min/Studio) Pat	1:10pm Zumba Gold (60min/Studio) Cindy	12:00pm Line Dance Beginner/ Intermediate (120min/Studio) Joan	12:00pm Line Dance Beginner/ Intermediate (120min/Studio) Joan		
2:00pm Silver Sneakers Circuit (60min/Studio) Holly		2:00pm Silver Sneakers Muscular Strength (60min/Studio) Mary		2:00pm Silver Sneakers Muscular Strength (60min/Studio) Mary		
4:30pm BodyPump (60min/Studio) Gissella		5:25pm BodyCombat (60min/Studio) Gissella	4:30pm BodyPump (60min/Studio) Jenn			
5:40pm Zumba (60min/Studio) Gissella						
6:45pm BodyFlow (60min/Studio) Gissella	6:00pm YOGA (60min/SMB) Cindie S	6:30pm Zumba (60min/Studio) Gissella				



TWIN LAKES FAMILY YMCA
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Effective 8/1/22