


# Greater Waco YMCA Group Exercise – Waco, TX

Effective 1/5/26

MORNING

EVENING

| TIME    | MON   | TUE  | WED  | THUR   | FRI   | SAT   | SUN |
|---------|---|--|--|--|---|---|-----|
| 5:15am  |   | <b>Sprint *30</b><br>Susan/Cycle Studio                |  | <b>Sprint *30</b><br>Crystal/Cycle Studio              | <b>HIIT* 30</b><br>Beth/Studio 2  |   |     |
| 5:30am  | <b>Body Shaping *45</b><br>Becky/Studio 1   |  | <b>Boot Camp *45</b><br>Crystal/Main Gym   |  |   |   |     |
| 6am     |   | <b>Pilates *45</b><br>Susan/Studio 1                   |  | <b>Les Mills Core *30</b><br>Crystal/Studio 2          | <b>Les Mills Core *30</b><br>Beth/Studio 2  |   |     |
| 8:15am  |   |  |  |  |   | <b>Sprint *30</b><br>Susan/Cycle Studio   |     |
| 8:30am  | <b>Body Shaping</b><br>Kendall/Studio 1   | <b>Surge *45</b><br>Jackie/Studio 2                    | <b>Cardio Fuse</b><br>Kendall/Studio 1   | <b>Les Mills Core</b><br>Sandy/Studio 1                |   |   |     |
| 9am     | <b>Boot Camp *45</b><br>Lorri/Main Gym  | <b>Boot Camp *30</b><br>Georgeanne/Main Gym            |  | <b>Boot Camp *45</b><br>Lorri/Main Gym                 | <b>Zumba Gold *45</b><br>Cat/Studio 2<br><br><b>Boot Camp *45</b><br>Beth/Main Gym            | <b>Pilates *45</b><br>Susan /Studio 1   |     |
| 9:30am  |   | <b>SilverSneakers Circuit *45</b><br>Christie/Studio 1 | <b>Sprint *30</b><br>Shawn/Cycle Studio  | <b>SilverSneakers Circuit *45</b><br>Christie/Studio 1 |   | <b>Zumba *45</b><br>Cat/Studio 2  |     |
| 10am    | <b>Vinyasa Yoga</b><br>Cat/Studio 2<br><br><b>Boom Muscle *30</b><br>Lorri/Studio 1 |  | <b>SilverSneakers Chair Yoga *45</b><br>Lorri/Studio 1<br><br><b>Core *30</b><br>Beth/Studio 2<br>10:15 am | <b>Gentle Yoga</b><br>Kyna/Studio 2                    | <b>Boom Muscle *30</b><br>Amy<br>Studio 1<br><br><b>Sprint *30</b><br>Crystal<br>Cycle Studio | <b>Circl Mobility *15</b><br>Cat/Studio 2<br>10:15am                                  |     |
| 10:30am |   | <b>SilverSneakers Circuit *45</b><br>Christie/Studio 1 |  | <b>SilverSneakers Circuit *45</b><br>Christie/Studio 1 |   | <b>BodyCombat</b><br>Kendall/Studio 1   |     |
| 10:40am | <b>Boom Mind *30</b><br>Lorri/Studio 1  |  |  |  | <b>Boom Move *30</b><br>Amy/Studio 1  |   |     |
| 10:45am |   | <b>Barre</b><br>Kendall/Studio 2                       |  |  | <b>Gentle Yoga *45</b><br>Crystal/Studio 2  |   |     |
| 11:45am | <b>Les Mills Core *30</b><br>Crystal/Studio 1                                       |  | <b>Les Mills Core *30</b><br>Crystal/Studio 1  |  |   |   |     |
| 12pm    |   | <b>Sprint *30</b><br>Shawn/Cycle Studio                |  | <b>Sprint *30</b><br>Shawn/Cycle Studio                | <b>Strength Training *60</b><br>Amy/Studio 1  |   |     |
| 12:20pm | <b>Les Mills BodyCombat *30</b><br>Crystal/Studio 1                                 |  | <b>Les Mills BodyCombat *30</b><br>Crystal/Studio 1  |  |   |   |     |
| 1:30pm  | <b>Boom Move</b><br>Carla/Studio 1  |  | <b>Boom Move *30</b><br>Carla/Studio 1   |  | <b>Boom Move *30</b><br>Carla/Studio 1  |   |     |
| 2pm     |   |  | <b>Boom Muscle *30</b><br>Carla/Studio 1   |  | <b>Boom Muscle *30</b><br>Carla/Studio 1  |   |     |
| 5:30pm  | <b>Les Mills Core</b><br>Sandy/Studio 1   | <b>Vinyasa Yoga</b><br>Bonnie/Studio 2                 | <b>BodyCombat</b><br>Kendall/Studio 1  | <b>Zumba</b><br>Erica/Studio 1                         | <b>Body Shaping *30</b><br>Kendall/Studio 1   |  |     |
| 6pm     |   | <b>Sprint *30</b><br>Crystal/Cycle Studio              |  | <b>Sprint *30</b><br>Susan/Cycle Studio                | <b>Cardio Fuse *30</b><br>Kendall/Studio 1<br>6:05pm  |   |     |

| Smart Start 6-Week Workout Schedule |                            |                            |                      |
|-------------------------------------|----------------------------|----------------------------|----------------------|
| WEEK                                | CARDIO                     | STRENGTH                   | CORE/<br>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 60 mins<br>1 x 40 mins | 1 x 25 mins          |
| 4                                   | 2 x 35 mins<br>1 x 20 mins | 1 x 60 mins                | 1 x 40 mins          |
| 5                                   | 2 x 50 mins<br>1 x 20 mins | 1 x 60 mins<br>1 x 40 mins | 1 x 60 mins          |
| 6                                   | 2 x 60 mins<br>1 x 30 mins | 1 x 60 mins<br>1 x 40 mins | 1 x 60 mins          |

- 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 [ymcactx.org](http://ymcactx.org) or at the front desk along with detailed Les Mills 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.
- 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.
- 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.
- Classes and/or schedule subject to change at any time.