


Greater Waco YMCA Group Exercise – Waco, TX

Effective 3/5/25

MORNING

EVENING

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
5:15am		Sprint *30 Susan Cycle Studio		Sprint *30 Crystal Cycle Studio			
5:30am	Body Shaping *45 Becky Studio 1		Boot Camp *45 Crystal Main Gym				
6am		Pilates *45 Susan Studio 1		Vinyasa Yoga *45 Crystal Studio 1			
8:15am						Sprint *30 Susan Cycle Studio	
8:30am	Body Shaping Kendall Studio 1	Surge *45 Jackie Studio 2	Cardio Fuse Kendall Studio 1	Body Shaping Kendall Studio 2			
9am	Boot Camp *45 Lorri Main Gym	Boot Camp *30 Georgeanne Main Gym		Boot Camp *45 Lorri Main Gym	Zumba Gold *45 Cat Studio 2	Zumba *45 Cat Studio 2	
9:30am		SilverSneakers Circuit *45 Christie Studio 1	Sprint *30 Shawn Cycle Studio	SilverSneakers Circuit *45 Christie Studio 1		Pilates *45 Susan Studio 1	
10am	Vinyasa Yoga Cat Studio 2		SilverSneakers Chair Yoga *45 Lorri Studio 1	Gentle Yoga Kyna Studio 2	Boom Muscle *30 Amy Studio 1		
	Boom Muscle *30 Lorri Studio 1				Sprint *30 Crystal Cycle Studio		
10:30am	Boom Mind *30 Lorri Studio 1 (10:40am)	SilverSneakers Circuit *45 Christie Studio 1		SilverSneakers Circuit *45 Christie Studio 1	Boom Move *30 Amy Studio 1 (10:40am)	BodyCombat Kendall Studio 1	
10:45am					Gentle Yoga *45 Crystal Studio 2		
12pm	Surge *60 Jackie Studio 1	Sprint *30 Shawn Cycle Studio	BodyCombat *45 Crystal Studio 1	Sprint *30 Shawn Cycle Studio	Strength Training *60 Amy Studio 1		
1:30pm	Boom Move *30 Carla Studio 1		SilverSneakers Circuit *45 Carla Studio 1		SilverSneakers Circuit *45 Carla Studio 1		
2:00 pm	Boom Muscle *30 Carla Studio 1						
5:30pm	Body Shaping *30 Crystal Studio 1	Vinyasa Yoga Serena Studio 2	BodyCombat Kendall Studio 1	Zumba Erica Studio 1	Body Shaping *30 Kendall Studio 1		
6pm	BodyCombat *30 Crystal Studio 1 (6:05pm)	Sprint *30 Crystal Cycle Studio		Sprint *30 Susan Cycle Studio	Cardio Fuse *30 Kendall Studio 1 (6:05pm)		
6:45 pm				Yin Yoga *45 Serenity Studio 2			

Smart Start 6-Week Workout Schedule

WEEK	CARDIO	STRENGTH	CORE/ 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 1 x 40 mins	1 x 25 mins
4	2 x 35 mins 1 x 20 mins	1 x 60 mins	1 x 40 mins
5	2 x 50 mins 1 x 20 mins	1 x 60 mins 1 x 40 mins	1 x 60 mins
6	2 x 60 mins 1 x 30 mins	1 x 60 mins 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 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.