

CHASCO Family YMCA Group Exercise – Round Rock, TX

Effective 3/3/2025

MORNING

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
5:20am	RPM Brenda P/Cycle	BodyPump *45 Sharonda/Studio 1	SPRINT Brenda/Cycle Les Mills Core (6am) Sharonda/Studio 1		RPM Brenda P/Cycle	Classes in Red are Fee Based	
7am			Full Body Circuit Jill/PT Room	PILATES (7:30) Lara/ Studio 2			
8am			BodyBalance (8:20) Brenda/Studio 2		Les Mills Core Terian/Studio 1	BodyBalance Rotation/Studio 2	
8:30am	Les Mills Core Rachel/ Studio 1 Strength Development Nadya/ Studio 2	BodyStep *60 Linda/Studio 1	BodyPump *60 Rachel/Studio 1	HIIT Jill/ Studio 1 Strength Development Rachel/ Studio 2	BodyStep *45 Terian/Studio 1 BodyBalance Brenda/Studio 2	BodyPump *60 Rotation/Studio 1	
9am	Tone (9:05) Rachel/Studio 1 RPM (9:05) Sharonda/ Cycle	HIIT Nadya/Studio 2	RPM Angie/Cycle Rockin' Booty Nadya/ Fitness Floor	BodyPump *60 Katy/Studio 1 Women's Strength Training Nadya/ Fitness Floor	RPM (9:05) Katie/Cycle	Les Mills Core Rachel/Studio 2	
9:30am	Body Pump*60 (9:45) Jamie/Studio 1 TRX Julie/PT Room	Les Mills Core (9:40) Nadya/Studio 1 Barre Terian/Studio 2	Les Mills Core Rachel/Studio 1 Full Body Circuit Julie/Studio 2	Barre Terian/Studio 2 TRX Julie/PT Room	Body Pump *60 Rachel/Studio 1 Full Body Circuit Nadya/Studio 2 TRX Yoga/Pilates Brenda/Functional Fitness Room	RPM (9:35) Katie/Cycle BodyStep *45 (9:40) Rachel/Studio 1	
10:05am		Women's Strength Training (10:15) Nadya/Fitness Floor	HIIT Hilary/Studio 1	Les Mills Tone Rachel/Studio 1			
10:35am					Cardio Dance Kathy/Studio 1		
10:45am	Gentle Yoga Sherry/Studio 2 Senior Circuit Level 2 (11:15) Kate/PT Room		SilverSneakers Yoga Patricia/Studio 1	Gentle Yoga Meena/Studio 1		Yoga (11:00) Tyaga/Studio 1	
11:45am	Yoga Patricia/Studio 1		Yoga Patricia/Studio 1				
12pm	Senior Circuit Level 1 (12:15) Kate/PT Room	SilverSneakers Classic Monica/Studio 1		SilverSneakers Classic Meena/Studio 1	Zumba Gold Monica/Studio 1		
1pm	SilverSneakers Yoga (2pm) Meena/Studio 1	Cancer Yoga Patricia/Studio 2	Senior Circuit Level 1 Kate/PT Room	SilverSneakers EnerChi & Stability Meena/Studio 1			

EVENING

5:30pm	Les Mills Core Rotation/Studio 1 Rockin' Booty Nadya/PT Room	BodyPump *60 Jaime W/Studio 1	Les Mills Core Rachel/Studio 1	BodyPump *60 Donna/Studio 1			
6:05pm	BodyStep *45 Rotation/Studio 1		SPRINT Katie/Cycle BodyStep *45 Rachel/Studio 1				
6:30pm		Cardio Dance (6:35) Kathy/Studio 1		Strength Development Nadya/Studio 1			
7pm	BodyBalance Sarah/Studio 1 Strength Development Rachel/Studio 2		Yoga Sarah/Studio 1				



GROUP FITNESS RULES

- For safety issues, late entry is not allowed into BodyPump, RPM or SPRINT at any time for any reason.
- No children are allowed in the studios at any time.
- Classes in red on the schedule are Small Group Training classes that run in 6-week sessions throughout the year for a small additional fee. See the front desk for additional information and fliers.
- For safety reasons no child under the age of 14 is allowed in the Group Fitness classes at any time.
- Children ages 14 and 15 may participate in Group Fitness classes if accompanied by an adult (18 and over).
- Members aged 16 and older may participate in any Group Fitness class unsupervised.
- Out of respect for other members, phone use during group fitness classes is prohibited.
- Classes and/or schedule subject to change at any time.

CLASS DESCRIPTIONS: AT A GLANCE

Unless otherwise noted, all fitness classes are for all fitness levels! Our Group Fitness staff will offer multiple modification options so all members can get a safe and effective workout. We also have the "Smart Start" option for every class, where members can leave after 20 minutes, or at any point they desire.

Les Mills BodyPump: A barbell strength class using light to moderate weights with lots of repetition to get you lean, toned and fit. There are both 45-minute and 60-minute formats, noted as such on the schedule.

Les Mills BodyStep: A full-body cardio workout using upbeat, rhythmic stepping, squat and lunge patterns, and additional movements like burpees, push ups and weight plate exercises. There are both 45-minute and 60-minute formats, noted as such on the schedule.

Les Mills BodyBalance: A 60 minute new generation yoga class is a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background.

Les Mills Core: A 30 minute science-based program helps build strength, stability, and endurance in the muscles that support your core, improve balance, and assist injury prevention.

Les Mills RPM: A 50 minute group indoor cycling workout where you control the intensity; with great music pumping and the group spinning as one, go on a journey of hill climbs, races and flat riding.

Les Mills SPRINT: A 30 minute high-intensity interval training (HIIT) workout on a bike; combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. ***Not for beginners***

Les Mills Tone: A 30 minute challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level.

Yoga: A 60 minute restorative class offers a chance to explore and refine basic postures, breathing techniques, and mind body connections of yoga.

Gentle Yoga: A 60 minute class for those interested in a gentle, less-intense and restorative yoga practice, perfect for beginners.

Cancer Yoga: A 60 minute yoga class for cancer patients and survivors that focuses on stimulating the immune system through movement as well as improving strength and flexibility.

HIIT: A 30 minute high-intensity interval training (HIIT) workout using a variety of body weight exercises. ***Not for beginners***

Cardio Dance: A 60 minute dance fitness class combining easy-to-follow moves with today's popular music

Full Body Circuit: A 60 minute total body workout combining strength, core and cardio using a variety of equipment and your own body weight

SilverSneakers Classic: Move to the music through a variety of exercises designed to increase muscle strength, range of movement, and activity for daily living skills.

SilverSneakers EnerChi & Balance: A modified Tai Chi class uses slow, flowing sequences with a chair as an option, and is aimed at improving overall well-being, strength, balance and focus.

SilverSneakers Yoga: A workout will move you through a series of seated and standing yoga poses designed to increase flexibility, balance, and range of movement, ending with breathing exercises and relaxation.

Zumba Gold: A lower intensity version of the traditional Zumba class, designed for active older adults