

Hutto Family YMCA Group Exercise – Hutto, TX

Effective 3/3/2025

MORNING

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
5:20am	BodyPump Mary/Studio	SPRINT Cookie/Cycle	BodyPump Mary/Studio	RPM (5:45) Grace/Cycle		Classes in Red are Fee Based	
8:10am		HIIT Kasie/Studio		Beginner TRX (8:15) Angie/Gym			
8:30am		HIIT (8:45) Kasie/Studio		HIIT (8:45) Kasie/Studio	BodyBalance Angie/Studio		
9am	TRX Tabata Angie/Gym		Les Mills Core (9:20) Terian/Studio			BodyPump Katy/Studio	
9:30am	Les Mills Core Dana/Studio	BodyPump Angie/Studio	BodyStep *30 (9:55) Terian/Studio	BodyPump Michelle/Studio	Les Mills Core Dana/Studio		
10am	BodyStep *45 Linda/Studio Senior Splash Angie/Pool	Aqua Zumba Monica/Pool	Aqua Zumba Monica/Pool	Water in Motion Monica/Pool	High Fitness Angela/Studio Senior Splash Angie/Pool	Grit Nicole/Studio	
10:30am		Yoga (10:40) Tyaga/Studio	BodyBalance (10:35) Angie/Studio	Senior Bootcamp Angie/Gym Zumba (10:35) Toshiko/Studio		Les Mills Core Nicole/Studio	
11am	Yoga Tara/Studio Senior Splash Angie/Pool				Senior Splash Shelly/Pool		
11:30am		Senior Circuit Level 2 Gym	Senior Splash Shelley/Pool	Senior Circuit Level 1 Gym			
11:45am	Zumba Gold Monica/Gym	SilverSneakers Classic Alice/Studio	SilverSneakers EnerChi Angie/Studio	SilverSneakers Classic Monica/Studio	SilverSneakers Chair Yoga Angie/Studio		
12:45pm		SilverSneakers Classic Alice/Studio	SilverSneakers Chair Yoga Angie/Studio	SilverSneakers Classic Monica/Studio			Strength Development LITE (1:30) Nicole/Studio

EVENING

6pm	Les Mills Tone Nicole/Studio			Strength Development LITE (5:50) Nicole/Studio			
6:30pm	Full-Body Circuit Nicole/Studio		Zumba Toshiko/Studio				
6:45pm		BodyPump Vorani/Studio		BodyPump Vorani/Studio			



GROUP FITNESS RULES

- For safety issues, late entry is not allowed into RPM, SPRINT, HIIT or BodyPump at any time for any reason.
- No children are allowed in the studios at any time.
- The 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 - fast!

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.

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

Les Mills Grit: A 30-minute high-intensity training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn using a variety of body weight exercises. ***Not for beginners***

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 challenging mix of lunges, squats, functional training and tubing exercises that will help you burn calories and take your fitness to the next level.

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

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

High Fitness: A modern version of aerobics, combining HIIT training and plyometric movements

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

Silver Sneakers EnerChi: 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.

Silver Sneakers Chair Yoga: A workout will move you through a series of seated yoga poses that gently stretch muscles, improve joint mobility, and increase flexibility.

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

Senior Splash: A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options.