

Hutto Family YMCA Group Exercise – Hutto, TX

Effective 9/16/2024

MORNING

EVENING

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
5:20am	BodyPump Mary/Studio		BodyPump Mary/Studio			Classes in Red are Fee Based	
8am	Shapes (8:10) Cali/Studio NEW PROGRAM!	HIIT Kasie/Studio (8:10)	Shapes (8:10) Cali/Studio NEW PROGRAM!		LesMills Core Cali/Studio		
8:15am				Beginner TRX Angie/Gym	BodyBalance Angie/Studio (8:35)		
8:45am		HIIT Kasie/Studio		HIIT Kasie/Studio		LesMills Core Nicole/Studio	
9am	LesMills Core Cali/Studio TRX Tabata Angie/Gym		LesMills Core Terian/Studio				
9:15am						Grit (9:15) Nicole/Studio	
9:30am		BodyPump Angie/Studio		BodyPump Michelle/Studio			
9:35am	BodyStep *45 Linda/Studio		BodyStep *30 Terian/Studio		High Fitness Callie/Studio		
10am	Senior Splash Angie/Pool	Aqua Zumba Monica/Pool	Aqua Zumba Monica/Pool	Water in Motion Monica/Pool	Senior Splash Angie/Pool	BodyPump Rotation/Studio	
10:30am	Yoga Tara/Studio		BodyBalance Angie/Studio	Senior Bootcamp Angie/Gym			
11am	Senior Splash Angie/Pool				Senior Splash Shelly/Pool		
11:30am		Senior Circuit Angie/Gym	SilverSneakers EnerChi Angie/Studio Senior Splash Shelley/Pool		SilverSneakers Chair Yoga Angie/Studio		
11:45am	Zumba Gold Monica/Gym	SilverSneakers Classic Alice/Studio		SilverSneakers Classic Monica/Studio			
12:30pm		SilverSneakers Classic Alice/Studio	SilverSneakers Chair Yoga Angie/Studio	SilverSneakers Classic Monica/Studio (12:45)			Strength Development LITE (1:30) Nicole/Studio NEW PROGRAM!
6pm	LesMills Core Nicole/Studio	Strength Development Nicole/Studio	Yoga Christy/Studio	Strength Development Nicole/Studio			
6:30pm	LesMills Tone Nicole/Studio						
7:05pm		BodyPump Vorani/Studio		BodyPump Vorani/Studio			

GROUP FITNESS RULES

- For safety issues, late entry is not allowed into BodyPump or HIIT 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 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 exercised 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.