


# Greater Waco YMCA Group Exercise – Waco, TX

Effective 9/16/24

MORNING

EVENING

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

## 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](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.