

## GROUP EXERCISE SCHEDULE

### The Woodlands Family YMCA at Shadowbend

| Monday          |                                |            |                | Thursday        |                         |          |                 |
|-----------------|--------------------------------|------------|----------------|-----------------|-------------------------|----------|-----------------|
| 5:00am-6:00am   | Cycle                          | Studio B   | Shellee E      | 7:00am-7:45am   | Mat Pilates             | Studio A | Sandy S         |
| 5:15am-6:15am   | BODYPUMP™                      | Studio A   | Lisa S         | 7:30am-8:30am   | Shallow Water Exercise  | Pool     | Lorna M         |
| 7:00am-7:45am   | Flexibility/Stretch            | Studio C   | Olga M         | 8:30am-9:30am   | Strong Core             | Gym      | Danielle S      |
| 8:30am-9:30am   | Barre Workout                  | Studio C   | Lisa S         | 8:30am-9:30am   | BODYPUMP™               | Studio A | Sarah N (sub)   |
| 8:30am-9:30am   | BODYFLOW™                      | Studio A   | Denise T       | 8:30am-9:15am   | Cardio Combo            | Studio C | Lisa S          |
| 8:30am-9:30am   | Cardio Combo                   | Gym        | Allister M     | 8:30am-9:30am   | Shallow Water Exercise  | Pool     | Dee M           |
| 8:30am-9:30am   | Cycle                          | Studio B   | Jennifer Z     | 9:30am-10:30am  | BODYFLOW™               | Studio C | Denise T        |
| 8:30am-9:15am   | Deep Water Exercise            | Pool       | Andrea H       | 9:35am-10:35am  | BODYCOMBAT™             | Gym      | Keith T         |
| 9:35am-10:35am  | BODYPUMP™                      | Studio A   | Denise T       | 9:35am-10:35am  | PiYo™                   | Studio A | Cindy H         |
| 9:35am-10:35am  | Power Pump                     | Gym        | Lori L         | 10:45am-11:45am | Yoga                    | Studio C | Keris T         |
| 9:35am-10:35am  | Zumba®                         | Studio C   | Danielle S     | 10:45am-11:45am | Zumba®                  | Studio A | Cami P          |
| 10:45am-11:45am | Strong Core                    | Studio A   | Pamela G       | 10:45am-11:45am | BOOM® Muscle            | Gym      | Diane N         |
| 10:45am-12:15pm | Yoga                           | Studio C   | Nita P         | 12:00pm-1:00pm  | SilverSneakers® Classic | Studio C | Diane N         |
| 10:45am-11:45am | Seniorcise                     | Gym        | Lori L         | 12:15pm-1:15pm  | BODYPUMP™               | Studio A | Pam M (sub)     |
| 4:30pm-5:15pm   | Cycle                          | Studio B   | Frances W      | 4:30pm-5:30pm   | BODYPUMP™               | Studio A | Amy J           |
| 4:30pm-5:30pm   | PiYo™                          | Studio A   | Sarah          | 6:00pm-6:35pm   | Metafit™                | Studio A | Kami J          |
| 5:45pm-6:30pm   | Strong Core                    | Studio A   | Pamela G       | 6:45pm-7:45pm   | BODYPUMP™               | Studio A | Pam M           |
| 6:45pm-7:45pm   | BODYCOMBAT™                    | Studio C   | Andrea S       | 6:45pm-7:45pm   | Yoga                    | Studio C | Keris T         |
| 6:45pm-7:45pm   | Zumba®                         | Studio A   | Patricia R     | 7:00pm-7:45pm   | Cycle                   | Studio B | Shellee E (sub) |
| Tuesday         |                                |            |                | Friday          |                         |          |                 |
| 7:00am-7:45am   | Mat Pilates                    | Studio A   | Olga M         | 5:15am-6:15am   | BODYPUMP™               | Studio A | Lisa S          |
| 7:30am-8:30am   | Shallow Water Exercise         | Pool       | Sue D          | 6:45am-7:45am   | BODYPUMP™               | Studio A | Lisa S          |
| 8:30am-9:25am   | Strong Core                    | Gym        | Cindy H        | 8:30am-9:30am   | BODYCOMBAT™             | Studio A | Natalya G       |
| 8:30am-9:30am   | BODYPUMP™                      | Studio A   | Sarah N (sub)  | 8:30am-9:30am   | Cardio Combo            | Gym      | Allister M      |
| 8:30am-9:15am   | Cardio Combo                   | Studio C   | Lisa S         | 8:30am-9:30am   | Cycle                   | Studio B | Steve S (sub)   |
| 8:30am-9:30am   | Shallow Water Exercise         | Pool       | Dee M          | 8:30am-9:15am   | Deep Water Exercise     | Pool     | Andrea H        |
| 9:35am-10:35am  | BODYCOMBAT™                    | Gym        | Natalya G      | 8:30am-9:25am   | BOOM® Muscle            | Studio C | Lori L          |
| 9:35am-10:35am  | PiYo™                          | Studio A   | Cindy H        | 9:30am-10:30am  | Zumba®                  | Studio C | Lori L          |
| 9:35am-10:35am  | Yoga                           | Studio C   | Kari H         | 9:35am-10:35am  | BODYPUMP™               | Studio A | Denise T        |
| 9:45am-10:30am  | Fit Kids                       | Doug Earle | Amanda H       | 9:35am-10:35am  | Power Pump              | Gym      | Teresa A        |
| 10:45am-11:45am | Barre Workout                  | Studio A   | Amanda H       | 10:45am-11:45am | BODYFLOW™               | Studio A | Denise T        |
| 10:45am-11:45am | Nightclub Cardio®              | Studio C   | Lori L         | 10:45am-11:45am | Line Dance              | Gym      | Melissa         |
| 10:45am-11:45am | Active Older Adults            | Gym        | Olga M         | 12:00pm-1:00pm  | Cycle                   | Studio B | Shellee E       |
| 12:00pm-1:00pm  | Strengt...                     |            |                | 5:45pm-7:15pm   | BODYFLOW™               | Studio A | Sarah           |
| 12:00pm-1:00pm  | Cycle                          | Studio B   | Shellee E      |                 |                         |          |                 |
| 12:15pm-1:15pm  | SilverSneakers® Classic        | Studio C   | Melissa        |                 |                         |          |                 |
| 4:30pm-5:30pm   | BODYPUMP™                      | Studio A   | Teresa T (sub) |                 |                         |          |                 |
| 5:45pm-6:45pm   | Zumba®                         | Studio C   | Patricia R     |                 |                         |          |                 |
| 6:00pm-6:35pm   | Metafit™                       | Studio A   | Kami J         |                 |                         |          |                 |
| 6:45pm-7:45pm   | BODYPUMP™                      | Studio A   | Pam M          |                 |                         |          |                 |
| 6:45pm-7:45pm   | Yoga                           | Studio C   | Cindy          |                 |                         |          |                 |
| 7:00pm-8:00pm   | Cycle                          | Studio B   | Bob G          |                 |                         |          |                 |
| Wednesday       |                                |            |                | Saturday        |                         |          |                 |
| 5:15am-6:15am   | BODYPUMP™                      | Studio A   | Lisa S         | 8:00am-9:00am   | BODYPUMP™               | Studio A | Adriana S       |
| 5:15am-6:00am   | Cycle                          | Studio B   | Jennifer Z     | 8:00am-9:15am   | Cycle                   | Studio B | Robyn H (sub)   |
| 6:30am-7:30am   | BODYPUMP™                      | Studio A   | Lisa S         | 8:00am-9:00am   | Shallow Water Exercise  | Pool     | Dee M           |
| 7:00am-7:45am   | Flexibility/Stretch            | Studio C   | Olga M         | 8:30am-9:25am   | Zumba®                  | Studio C | Danielle S      |
| 8:30am-9:30am   | Barre Workout                  | Studio C   | Lisa S         | 9:05am-10:05am  | BODYCOMBAT™             | Studio A | Lori L          |
| 8:30am-9:30am   | BODYCOMBAT™                    | Studio A   | Andrea S       | 9:30am-10:25am  | Mat Pilates             | Studio C | Danielle S      |
| 8:30am-9:30am   | BODYFLOW™                      | Gym        | Cindy          | 10:30am-11:30am | PiYo™                   | Studio A | Sarah           |
| 8:30am-9:30am   | Cycle                          | Studio B   | Liz B          | 10:30am-11:45am | Yoga                    | Studio C | Bob G           |
| 8:30am-9:15am   | Deep Water Exercise            | Pool       | Andrea H       |                 |                         |          |                 |
| 9:35am-10:35am  | BODYPUMP™                      | Studio A   | Andrea H       |                 |                         |          |                 |
| 9:35am-10:35am  | Cardio Strength Interval (C... | Gym        | Lori L         |                 |                         |          |                 |
| 9:40am-10:40am  | Zumba®                         | Studio C   | Melissa S      |                 |                         |          |                 |
| 10:45am-12:00pm | Yoga                           | Studio C   | Peggy R        |                 |                         |          |                 |
| 10:45am-11:45am | Seniorcise                     | Gym        | Lori L         |                 |                         |          |                 |
| 12:15pm-1:15pm  | Active Older Adults Pilates... | Studio C   | Diane N        |                 |                         |          |                 |
| 4:30pm-5:30pm   | BODYFLOW™                      | Studio A   | Neila F        |                 |                         |          |                 |
| 4:30pm-5:15pm   | Cycle                          | Studio B   | Frances W      |                 |                         |          |                 |
| 5:45pm-6:30pm   | Mat Pilates                    | Studio A   | Sandy S        |                 |                         |          |                 |
| 6:45pm-7:45pm   | Zumba®                         | Studio A   | Darkess M      |                 |                         |          |                 |
| Sunday          |                                |            |                |                 |                         |          |                 |
|                 |                                |            |                | 1:30pm-2:30pm   | Cycle                   | Studio B | Chris M         |
|                 |                                |            |                | 4:00pm-5:00pm   | BODYPUMP™               | Studio A | James W         |
|                 |                                |            |                | 4:00pm-5:00pm   | Zumba®                  | Studio C | Melissa S       |
|                 |                                |            |                | 5:00pm-6:00pm   | BODYCOMBAT™             | Studio A | Andrea S        |
|                 |                                |            |                | 5:00pm-6:00pm   | BODYFLOW™               | Studio C | Sandy S         |

NOTE: Class cancellations may not show on downloaded PDF schedule. Please check the website for up-to-date information.