

## 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   | L. S          | 7:30am-8:30am   | Shallow Water Exercise  | Pool     | Lorna M       |
| 8:30am-9:30am   | Barre Workout                  | Studio C   | Lisa S        | 8:30am-9:30am   | Strong Core             | Gym      | Danielle S    |
| 8:30am-9:30am   | BODYFLOW™                      | Studio A   | Denise T      | 8:30am-9:30am   | BODYPUMP™               | Studio A | Erika F       |
| 8:30am-9:30am   | Cardio Combo                   | Gym        | Allister M    | 8:30am-9:15am   | Cardio Combo            | Studio C | Lorna M (sub) |
| 8:30am-9:30am   | Cycle                          | Studio B   | Jennifer Z    | 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      | Keith T       |
| 9:35am-10:35am  | BODYPUMP™                      | Studio A   | Denise T      | 9:35am-10:35am  | BODYFLOW™               | Studio C | Denise T      |
| 9:35am-10:35am  | Power Pump                     | Gym        | Lori L        | 9:35am-10:35am  | PiYo™                   | Studio A | Cindy H       |
| 9:35am-10:35am  | Zumba®                         | Studio C   | Danielle S    | 10:45am-11:45am | Yoga                    | Studio C | Keris T       |
| 10:45am-11:45am | Strong Core                    | Studio A   | Pamela G      | 10:45am-11:45am | Zumba®                  | Studio A | Cami P        |
| 10:45am-12:15pm | Yoga                           | Studio C   | Nita P        | 10:45am-11:45am | BOOM® Muscle            | Gym      | Diane N       |
| 10:45am-11:45am | Seniorcise                     | Gym        | Lori L        | 12:00pm-1:00pm  | SilverSneakers® Classic | Studio C | Diane N       |
| 4:30pm-5:15pm   | Cycle                          | Studio B   | Frances W     | 12:15pm-1:15pm  | BODYPUMP™               | Studio A | Roxanne D     |
| 4:30pm-5:30pm   | PiYo™                          | Studio A   | Sarah         | 4:30pm-5:30pm   | BODYPUMP™               | Studio A | Amy J         |
| 4:45pm-5:25pm   | Fit Kids                       | Studio C   | Jennifer L    | 6:00pm-6:35pm   | Metafit™                | Studio A | Erin G (sub)  |
| 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 | Frances W     |
| Tuesday         |                                |            |               | Friday          |                         |          |               |
| 7:00am-7:45am   | Mat Pilates                    | Studio A   | Olga M        | 5:15am-6:15am   | BODYPUMP™               | Studio A | L. 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   | Erika F       | 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 | Jennifer Z    |
| 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 | Melissa S     |
| 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  | Cycle                          | Studio B   | Shellee E     | 5:45pm-7:15pm   | Yoga                    | Studio A | Nita P        |
| 12:15pm-1:15pm  | SilverSneakers® Classic        | Studio C   | Melissa       |                 |                         |          |               |
| 4:30pm-5:30pm   | BODYPUMP™                      | Studio A   | Roxanne D     |                 |                         |          |               |
| 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   | Robyn H (sub) |                 |                         |          |               |
| Wednesday       |                                |            |               | Saturday        |                         |          |               |
| 5:15am-6:15am   | BODYPUMP™                      | Studio A   | L. S          | 8:00am-9:00am   | BODYPUMP™               | Studio A | Nur K (sub)   |
| 5:15am-6:00am   | Cycle                          | Studio B   | Jennifer Z    | 8:00am-9:15am   | Cycle                   | Studio B | Frances W     |
| 6:30am-7:30am   | BODYPUMP™                      | Studio A   | Lisa S        | 8:00am-9:00am   | Shallow Water Exercise  | Pool     | Dee M         |
| 8:30am-9:30am   | Barre Workout                  | Studio C   | Lisa S        | 8:30am-9:25am   | Zumba®                  | Studio C | Danielle S    |
| 8:30am-9:30am   | BODYCOMBAT™                    | Studio A   | Andrea S      | 9:05am-10:05am  | BODYCOMBAT™             | Studio A | Lori L        |
| 8:30am-9:30am   | BODYFLOW™                      | Gym        | Cindy         | 9:30am-10:25am  | Mat Pilates             | Studio C | Danielle S    |
| 8:30am-9:30am   | Cycle                          | Studio B   | Liz B         | 10:30am-11:30am | PiYo™                   | Studio A | Sarah         |
| 8:30am-9:15am   | Deep Water Exercise            | Pool       | Andrea H      | 10:30am-11:45am | Yoga                    | Studio C | Keris T (sub) |
| 9:35am-10:35am  | BODYPUMP™                      | Studio A   | Andrea H      |                 |                         |          |               |
| 9:35am-10:35am  | Cardio Strength Interval (C... | Gym        | Lorna M (sub) |                 |                         |          |               |
| 9:40am-10:40am  | Zumba®                         | Studio C   | Melissa S     |                 |                         |          |               |
| 10:45am-12:00pm | Yoga                           | Studio C   | Peggy R       |                 |                         |          |               |
| 10:45am-11:45am | Seniorcise                     | Gym        | Lorna M (sub) |                 |                         |          |               |
| 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          |                                |            |               |                 |                         |          |               |
| 4:00pm-5:00pm   | BODYPUMP™                      | Studio A   | Pam M         |                 |                         |          |               |
| 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.