

GROUP EXERCISE SCHEDULE YMCA at Katy Main Street

Monday				Thursday			
5:05am-6:00am	Boot Camp	Group Ex	Tiffany K	5:05am-6:00am	BODYPUMP™	Group EX	Sara R
5:05am-5:35am	\$ Fast-SGT	PT or Floor	Dedrick	8:30am-9:25am	Zumba® Toning	Group Ex	Desiree O
8:30am-9:25am	BODYPUMP™	Group Ex	Cara O	9:00am-9:45am	RPM™	Cycle Studio	Michelle Z
8:45am-9:45am	Mat Pilates	Mind Body	Leslie T	9:00am-9:55am	Yoga	Mind & Body	Cecilia M
9:00am-10:00am	WATERinMOTION®	Pool	Jenna C	9:30am-10:00am	BODYPUMP™ Express	Group Ex	Lori J
9:30am-10:25am	BODYATTACK™	Group Ex	Kimberly S (sub)	10:00am-10:25am	CXWORX™	Group Ex	Lori J
9:30am-10:00am	\$ Fast-SGT	Personal Trai...	Ricardo L	10:00am-10:55am	Mat Pilates	Mind Body	Nancy H
9:45am-10:15am	SPRINT™	Cycle Studio	Andrea A	10:00am-10:30am	\$ GRIT-SGT	Personal Trai...	Michelle Z
10:00am-10:55am	BODYFLOW™	Mind & Body	Mallory W	10:30am-11:25am	BODYCOMBAT™	Group Ex	Tara W
10:30am-11:25am	Zumba®	Group Ex	Dalila T	10:30am-11:00am	SPRINT™	Cycle Studio	Louise M
10:30am-11:00am	TRX SGT	Personal Trai...	Neylane C	11:30am-12:00pm	Step	Group Ex	Bethany T (sub)
11:10am-12:10pm	SilverSneakers® Classic	Mind Body	Neylane C	4:30pm-5:25pm	BODYPUMP™	Group Ex	Deborah A
11:30am-12:00pm	STRONG by Zumba®	Group Ex	Roby M	5:00pm-6:00pm	Cardio Dance	Mind & Body	Meredith S
1:00pm-2:00pm	Active Older Adults	Mind & Body	Neylane C	5:00pm-6:15pm	BODYATTACK™ Express	Group Ex	Jose E
	Strengt...			5:50pm-6:20pm	SPRINT™	Cycle Studio	Ruth W
4:30pm-5:25pm	BODYCOMBAT™	Group Ex	Gwen G	6:00pm-7:00pm	Yoga	Mind Body	Radi H
5:00pm-5:55pm	Zumba®	Mind Body	John S	6:15pm-7:00pm	BODYPUMP™ Express	Group Ex	Jose E
5:15pm-6:00pm	Family Cycle	Cycle Studio	Sue S	7:05pm-8:00pm	Zumba®	Group Ex	Roby M
5:30pm-6:25pm	BODYPUMP™	Group Ex	Mell L				
6:00pm-6:55pm	BODYFLOW™	Mind & Body	Mallory W				
6:30pm-7:15pm	RPM™	Cycle Studio	Franky S				
6:30pm-6:55pm	STRONG by Zumba®	Group EX	John S				
7:00pm-8:00pm	BODYJAM™	Group Ex	Laura				
Tuesday				Friday			
5:05am-6:00am	BODYPUMP™	Group EX	Sara R	5:05am-6:00am	RPM™	Group EX	Sara R
8:30am-9:25am	Zumba® Toning	Group Ex	Lola O	8:30am-9:25am	BODYPUMP™	Group Ex	Colleen H
9:00am-9:45am	RPM™	Cycle Studio	Michelle Z	8:30am-9:00am	\$ H.E.A.T.-SGT	Wellness Floo...	Cara O (sub)
9:00am-9:55am	Yoga	Mind Body	Mia S	8:45am-9:45am	POP Pilates	Mind Body	Lola O
9:30am-10:25am	BODYPUMP™	Group Ex	Lori J	9:00am-9:55am	Aqua Zumba®	Pool	Ana C
10:00am-10:55am	Mat Pilates	Mind Body	Nancy H	9:30am-10:25am	BODYATTACK™	Group Ex	Bethany T (sub)
10:00am-10:30am	\$ GRIT-SGT	Personal Trai...	Leslie C (sub)	9:30am-10:25am	BODYATTACK™	Group Ex	Bethany T (sub)
10:30am-11:25am	BODYCOMBAT™	Group Ex	Tara W	9:30am-10:00am	\$ Kettlebell-SGT	PT Studio	Lori J
10:30am-11:00am	SPRINT™	Cycle Studio	Leslie C	9:45am-10:15am	SPRINT™	Cycle Studio	Louise M
11:30am-12:00pm	Step	Group Ex	Laura (sub)	10:00am-11:00am	Yoga	Mind Body	Brittany E
4:30pm-5:25pm	BODYPUMP™	Group Ex	Gwen G	10:30am-11:30am	Zumba®	Group Ex	Mell L
5:30pm-6:15pm	BODYATTACK™ Express	Group Ex	Jose E	11:30am-12:25pm	Zumba Gold®	Mind Body	Jackie C
5:50pm-6:20pm	SPRINT™	Cycle Studio	Leslie C (sub)	12:30pm-1:00pm	SilverSneakers® Yoga	Mind Body	Yenny G
6:00pm-6:30pm	\$ Fast-SGT	Personal Trai...	Darryl B	1:00pm-2:00pm	Active Older Adults	Mind Body	Yenny G
6:15pm-7:00pm	BODYPUMP™ Express	Group Ex	Jose E				
7:05pm-8:00pm	Zumba®	Group Ex	Jackie C				
Wednesday				Saturday			
5:05am-6:00am	Boot Camp	Group Ex	Tiffany K	8:30am-9:25am	BODYPUMP™	Group Ex	Mell L
5:05am-5:35am	\$ Fast-SGT	PT or Floor	Dedrick	8:30am-9:15am	RPM™	Cycle Studio	Franky S
8:30am-9:25am	BODYPUMP™	Group Ex	Colleen H	9:00am-9:30am	\$ Kettlebell-SGT	PT Studio	Neylane C
8:45am-9:45am	Mat Pilates	Mind Body	Dixie M (sub)	9:30am-10:25am	BODYCOMBAT™	Group Ex	Gwen G
9:00am-10:00am	H2O Combo	Pool	Nancy H	9:30am-10:30am	BODYFLOW™	Mind Body	Mell L
9:30am-10:15am	BODYATTACK™ Express	Group Ex	Kimberly S (sub)	9:30am-10:00am	SPRINT™	Cycle Studio	Ruth W
9:30am-10:00am	\$ Fast-SGT	Personal Trai...	Ricardo L	10:30am-11:00am	CXWORX™	Mind Body	Cara O
10:00am-11:00am	Yoga	Mind Body	Colleen H	10:30am-11:30am	Zumba®	Group Ex	Misty H
10:15am-10:40am	CXWORX™	Group Ex	Cara O				
10:45am-11:15am	SPRINT™	Cycle Studio	Ruth W				
10:45am-11:40am	STRONG by Zumba®	Group Ex	Dalila T				
11:00am-12:00pm	Treadmill Class	Wellness Floo...	Nancy H				
11:10am-12:10pm	SilverSneakers® Classic	Mind Body	Desiree O				
11:45am-12:45pm	Zumba®	Group Ex	Roby M				
1:00pm-2:00pm	Active Older Adults	Mind & Body	Nancy H				
	Strengt...						
4:30pm-5:25pm	BODYCOMBAT™	Group Ex	Deborah A				
5:00pm-6:00pm	U-Jam	Mind & Body	Misty H				
5:15pm-6:00pm	Family Cycle	Cycle Studio	Sue S				
5:30pm-6:25pm	BODYPUMP™	Group Ex	Mallory W				
6:00pm-6:30pm	TRX SGT	PT Studio	Neylane C				
6:30pm-7:15pm	Mat Pilates	Mind Body	Kirie M				
6:30pm-7:00pm	SPRINT™	Cycle Studio	Katie K				
6:30pm-6:55pm	STRONG by Zumba®	Group Ex	María O				
7:05pm-8:00pm	Zumba® Toning	Group Ex	Jackie C				
Sunday							
2:00pm-2:55pm	BODYPUMP™	Group Ex	Sara R				
2:00pm-2:55pm	Yoga	Mind Body	Jackie C				
3:00pm-4:00pm	Barre Workout	Mind Body	Leslie T				
3:00pm-4:00pm	BODYATTACK™	Group Ex	Bethany T				

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