



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# We are getting new equipment in Wellness Center and Studios!

## THE WOODLANDS FAMILY YMCA REVISED SCHEDULE.

**SHADOWBEND: Thursday, October 4**

**BRANCH CROSSING: Monday, October 8**

### Thursday, October 4

#### Branch Crossing

5:00 am Boot camp	Gym
8:15 am Cycling	Studio 1
8:30 am BODYCOMBAT	Gym
8:30 am BODYPUMP	Studio 2**
9:30 am BODYFLOW	Studio 1
9:35 am Strong Core	Gym
9:35 am NCC	Studio 2
10:35 am HIIT	Gym
10:45 am AOA strength	Studio 1
12:15 pm BODYCOMBAT	Studio 1
12:15 pm BODYPUMP	Studio 2**
4:30 pm BODYPUMP	Studio 2**
5:45 pm Zumba	Studio 1
6:45 pm BODYCOMBAT	Studio 1
7:45 pm BODYPUMP	Studio 2

### Monday, October 8

#### Branch Crossing

8:30 am Yoga	Darwin Barnett
9:35 am PiYo	Darwin Barnett
10:45 am BODYFLOW	Darwin Barnett
12:00 pm MetaFit	Darwin Barnett
6:00 pm PiYo	Darwin Barnett

**The Shadowbend Wellness Center will be closed October 4 .**

**The Branch Crossing Wellness Center will be closed October 8.**

Updated: 9/24/18

THE WOODLANDS FAMILY YMCA

AT BRANCH CROSSING: 8100 Ashlane Way • 281-367-9622

AT SHADOWBEND: 6145 Shadowbend • 281-367-9622

### Thursday, October 4

#### Shadowbend

7:00 am Mat Pilates	Studio C
7:30 am Shallow Water	Pool
8:30 am Shallow Water	Pool
8:30 am Cardio Combo	Studio C
9:35 am BODYFLOW™	Studio C
10:45 am Yoga	Studio C
12:00 pm Silver Sneakers	Studio C
6:00 pm MetaFit	Studio C
6:45 pm Yoga	Studio C

\*\* One time class.

### Monday, October 8

#### Shadowbend

5:00 am Cycling	Studio B
5:15 am BODYPUMP	Studio A
8:30 am Deep Water	Pool
8:30 am Cycling	Studio B
8:30 am BODYFLOW™	Studio A
8:30 am Ballet Workout	Studio C
8:30 am Cardio Combo	Gym
9:35 am BODYPUMP	Studio A
9:35 am Power Pump	Gym
9:35 am Zumba	Studio C
10:45 am Seniorcise	Gym
10:45 am Yoga	Studio B
10:45 am Strong Core	Studio A
12:15 pm BODYPUMP	Studio A**
4:30 pm PiYo	Studio A
4:30 pm Cycling	Studio B
4:45 pm Fit Kids	Studio C
5:45 pm Strong Core	Studio A
6:45 pm BODYCOMBAT	Studio C
7:30 pm Zumba	Studio A



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.



Text YMCAHouston to 41411