

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Group Exercise Schedule

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am		Cycle-C		Cycle-C	Cycle-C		
8:00 am	Lite-Impact Aerobics - MP		Lite-Impact Aerobics - MP		Lite - Impact Aerobics - MP		
8:15 am	Power Pump - A	*PiYo-A Cycle-C	Power Hour - A	*PiYo-A Cycle -C	Power Hour- A	Yoga - MP Cycle - C	
8:30 am		Zumba MP					
9:00 am	Line Dance-MP		Kickers – MP		Line Dancing - MP		
9:15 am	Cycle - C		Cycle - C		Cycle - C		
9:20 am	Step & Sculpt - A	Pilates 101 - A	Intervalocity - A	Cardio Kickbox - A	Step It Up - A		
9:30 am		*Zumba Gold - MP		*Zumba MP		Step & Sculpt - A	
10:00 am			Silversneakers - MP		Silversneake rs - MP		
10:30 am	Yoga - A	Yoga Stretch - MP	Yoga – A Pickleball - Gym	Yoga - MP	Yoga - A	Zumba MP BootCamp A	
11:00 am	Lite-Impact Aerobics - MP		Lite-Impact Aerobics - MP		Lite-Impact Aerobics - MP		
1:30 am							Cycle - C
5:20 pm			Pilates – MP				
5:30 pm					Cycle - C		
6:00 pm	Pilates - MP Cardio Kickbox - A	Ab Jab - A Yoga	Strength Yoga - MP Cycle - C	Zumba - MP Yoga - A		Legend A – Aerobics Studio MP – Multipurpose Room C – Cycle Room	
7:00 pm	Cycle – C Zumba - MP	Boot Camp - A Water Aerobics - Pool	Cardio Kickbox - A	Boot Camp – A Water Aerobics - Pool			

Cross Timbers YMCA 2021 Cross Timbers Flower Mound TX 972-539-9622

www.crosstimbersymca.org

Mission Statement: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.