



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP CENTER

EXERCISE SCHEDULE

Redbud Family Center

Starts , Jan. 2, 2017	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kid Zone Hours 8:00am-12:00pm M-F 4:00pm-8:00pm M-F 9:00am-12:00pm Sat	5:30-6:30am Zumba (small gym)	5:45-6:15am Body Shred (small gym)	5:30-6:30am Zumba (small gym)	5:45-6:15am Body Shred (small gym)	5:30-6:30am Cycling (spin room)	9:30-10:30am HYBRID (small gym)
Kidzfit Hours 5:30-7:30pm M-Fri	5:30-6:30am Cycling (spin room)	8:30-9:30am Tabata (small gym)	5:30-6:30am Cycling (spin room)	8:30-9:30am Tabata (small gym)	8:30-9:30am Cardio Fusion (small gym)	
	8:30-9:30am Cycling (spin room)	9:00-10:00am Deep Water (pool)	8:30-9:30am Cycling (spin room)	9:00-10:00am Deep Water (pool)	8:30-9:30am Cycling (spin room)	
YMCA Abilene Redbud Family Center 3125 South 32 nd St Abilene, TX 79605 P 325 695 3400 F 325 695 2016 abileneymca.org	8:30-9:30am Cardio Fusion (small gym)	9:30-10:30am Silver Sneakers (small gym)	8:30-9:30am Muscle Pump (small gym)	10:00-11:00am Shallow Water (pool)	9:00-10:00am Deep Water (pool)	
	9:00-10:00am Deep Water (pool)	10:00-11:00am Shallow Water (pool)	9:00-10:00am Deep Water (pool)	4:30-5:30pm Tone Up (small gym)	9:30-10:30am Silver Sneakers (small gym)	
	9:30-10:30am Silver Sneakers (small gym)	4:30-5:30pm Zumba (small gym)	9:30-10:30am Silver Sneakers (small gym)	5:30-6:00pm Body Shred (small gym)	10:00-11:00am Shallow Water (pool)	
TRY Jillian Michaels "Body Shred"	10:00-11:00am Shallow Water (pool)	5:30-6:30pm Deep Water (pool)	10:00-11:00am Shallow Water (pool)	5:30-6:30pm Deep Water (pool)	4:30-5:30pm Zumba Toning (small gym)	
High intense 30 minute endurance based workout!	4:30-5:30pm Zumba Toning/POUND (small gym)	5:30-6:00pm Body Shred (small gym)	5:30-6:30pm Circuit Training (small gym)	6:00-7:00pm Hip Hop & Cardio Tone	5:30-6:30pm POUND (small gym)	
SHRED Synergistic High Intensity Resistance Endurance Dynamics	5:30-6:30pm Circuit Training (small gym)	6:00-7:00pm Hip Hop & Cardio Tone (small gym)	6:30-7:30pm Zumba (small gym)	6:30-7:30pm YOGA (multi-room)	6:30-7:30pm Zumba (small gym)	
	5:30-6:30pm Power Ride (spin room)	6:30-7:30pm YOGA (multi-room)	7:30-8:15pm POUND (small Gym)	7:00-8:45pm Karate (small gym)		
	6:30-7:30pm Zumba (small gym)	7:00-8:45pm Karate (small gym)				



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GROUP EXERCISE SCHEDULE

STATE STREET FAMILY CENTER

Starts Jan. 2, 2017	Monday	Tuesday	Wednesday	Thursday	Friday
Kid Zone Hours 5:15pm-7:30pm M-TH	9:00-9:45am Hydrotone (pool)	9:00-9:40am Hydrotone (pool)	9:00-9:45am Hydrotone (pool)	9:00-9:45am Hydrotone (pool)	9:00-9:45am Hydrotone (pool)
Kidzfit Hours 5:30-7:30pm M-Th	9:30-10:30am AOA (aerobics room)	9:30-10:30am Cardio Drumming (aerobics room)	9:30-10:30am AOA (aerobics room)	9:30-10:30am Cardio Drumming (aerobics room)	9:45-10:30am Aqua Zumba (pool)
YMCA Abilene State Street Family Center 3250 State Street Abilene, TX 79603 P 325 677 8144 F 325 677 8177 abileneymca.org	9:45-10:30am Aqua Zumba (pool)	5:30-6:30pm Functional Training (track)	9:45-10:30am Aqua Zumba (pool)	5:00-6:00pm MS Aquatics (pool)	
	12:15-12:45pm Body Shred (aerobics room)	6:00-7:00pm Aqua Pump (pool)	12:15-12:45pm Body Shred (aerobics room)	5:30-6:30pm Functional Training (track)	
	5:00-6:00pm MS Aquatics (pool)	6:15-7:15pm Zumba (aerobics room)	5:00-6:00pm MS Aquatics (pool)	6:00-7:00pm Aqua Zumba (pool)	
*AOA-Active Older Adult Class to help with strength and agility	5:30-6:15pm Dance Fitness (aerobics room)		5:30-6:30pm Zumba (aerobics room)	6:15-7:15pm Zumba (aerobics room)	
TRY Jillian Michaels "Body Shred" High intense 30 minute endurance based workout!	5:30-6:30pm Tiny Tumblers (gymnastics room)		6:30-7:15pm PIYO (aerobics room)		
	6:00-7:00pm Aqua Zumba (pool)				
SHRED Synergistic High Intensity Resistance Endurance Dynamics	6:30-7:15pm PIYO (aerobics room)				