

# South Montgomery County YMCA at Branch Crossing Fitness Schedule

## \*Effective March 5—April 29\*

8100 Ashlane Way ▼ 281-367-9622 ▼ Minimum age 13 and older ▼ Classes with attendance below target ed number are subject to cancellation.

### Monday

5:45am	*Indoor Cycling	Katy	Studio
8:30am	BODYPUMP™	Ruth/Jan	Studio
8:30am	Yoga 1-2	Tracy	Gym
9:35am	Intermediate Mat Pilates	Alice	Gym
9:40am	*Indoor Cycling	Melissa C	Studio
10:00am	Stroller Fitness	Wendy	Outside
10:35am	Step	Kelly	Studio
10:40am	New! Cardio Challenge	Ruth	Gym
12:15pm	BODYPUMP™	Denise/Sharon	Studio
1:20pm	BODYCOMBAT™	Sharon	Studio
4:30pm	BODYPUMP™	Andrea/Bonnie	Studio
5:40pm	Mat Pilates	Heidrun	Studio
6:45pm	Indoor Cycling	TBA	Studio

### Thursday

5:30am	Bootcamp	Mindy/Kelly	Gym
8:30am	*Indoor Cycling	Sandra	Studio
8:30am	Body Sculpting	Wendy	Gym
9:25am	BODYPUMP™	Ticia/Melissa	Studio
9:35am	Super Cardio Sculpt (80 min)	Kelly	Gym
10:35am	Yoga 1-2	Michelle D	Studio
11:05am	Preschool Fit & Flexible	Ticia	Gym
3:35pm	Kid's Fitness Challenge	TBA	Gym
4:30pm	Step	Nancy	Studio
5:30pm	**Abs and Back	Diane	Studio
5:30pm	Prenatal Yoga (register)	Peggy	MPR
6:00pm	BODYCOMBAT™	Diane	Studio
7:00pm	BODYPUMP™	Amy/Diane	Studio

### Tuesday

5:30am	Bootcamp	Mindy/Kelly	Gym
8:30am	*Indoor Cycling	Cassandra	Studio
8:30am	BODYCOMBAT™	Andrea	Gym
9:25am	BODYPUMP™	Ticia/Melissa C	Studio
9:35am	Body Sculpting	Linda	Gym
10:35am	Yoga 1-2	Tracy	Studio
10:35am	*Boot Camp Express	Jennifer	Gym
11:35am	Preschool Fitness (begins 1/9)	Diane	Gym
12:15pm	BODYCOMBAT™	Denise	Studio
4:30pm	*BODYCOMBAT™ Express	Jan	Studio
5:20pm	*Mat Pilates	Jan	Studio
6:05pm	Cardio Challenge	Diane C	Studio
7:00pm	BODYPUMP™	Pam C/Chris	Studio

### Friday

5:30am	Cycle/Core	Katy/Mindy	Studio
8:30am	BODYPUMP™	Jan/Ruth	Studio
8:30am	Mat Pilates	Heidrun	Gym
9:35am	Step	Ticia	Studio
9:35am	Kickbox	Ruth	Gym
10:00am	Stroller Fitness	Wendy	Outside
11:05am	Preschool Fitness	Ticia	Studio
12:15pm	BODYPUMP™	Denise	Studio
4:30pm	BODYPUMP™	Gay/Debra	Studio
5:40pm	Afro-Samba Dance Workout (family class)	Danielle	Studio

### Wednesday

5:45am	*Indoor Cycling	Melissa C	Studio
8:30am	BODYPUMP™	Louise/Jan	Studio
8:30am	Cardio Challenge	Ruth	Gym
9:35am	Step	Jan	Studio
9:35am	BODYCOMBAT™	Ruth/Sharon	Gym
10:00am	Stroller Fitness	Jessica	Outside
10:45am	ABSolutely Yoga	Nicolle Z	Studio
12:15pm	BODYPUMP™	LeighAnn/Sharon	Studio
4:30pm	BODYPUMP™	Diane	Studio
5:40pm	Yoga 1-2	Tracy	Studio
6:50pm	*Indoor Cycling	Sheri	Studio
7:35pm	**Abs and Back (family class)	Sheri	Studio

### Saturday

6:30am	Indoor Cycling (ends Apr. 21)	Mindy/Shellee	Studio
7:00am	Bootcamp	Kelly	Gym
8:00am	Yoga 1-2	Tracy/Michelle D	Studio
9:15am	BODYPUMP™	Jan/Ruth	Studio
10:20am	Zumba™	Mitzy	Studio
11:30am	Belly Dancing	Azza	Studio

### Sunday

2:45pm	Yoga 1	Kim	Studio
4:00pm	Indoor Cycling	Shellee/Michelle	Studio
5:00pm	Step & Sculpt (75 min)	Sandy	Studio

## YHEALTH & WELLNESS

We build strong kids, strong families,  
strong communities.

- Please sign up in welcome center to complete a **free reformer** orientation. Completion of orientation is required to enroll in group reformer. Group reformer classes are held at the Shadowbend location.
  - Please do not enter BODYPUMP™ classes late.
  - Family classes allow youth 10 and older with an adult
  - Doctor's release is required for all prenatal participants
  - Yoga classes indicate level 1=beginner, 2=intermediate, 3=advanced
- \*40-45 minute class \*\*25-30 minute class/ All other classes are 50-60 min

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

Updated 2/28/07