



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
PowerPump Rachelle 5:30 am	BODYCOMBAT™ Meg 5:30 am	C.S.I. Rachelle 5:30 am	C.S.I. Kelsey 5:30 am	BODYSTEP™ Meg 5:30 am		MORNING
Cycle Aaron 5:30 am	Cycle Keefe 5:30 am	Cycle Dena S 5:15 am (70min)	Cycle Keefe 5:30 am	RPM™ Dena S 5:30 am	Classes in CYCLE Classes in YPS Classes in GRX	
Yoga Mary 6 am	Int Pilates Tomoko 6 am	Yoga Mary 6 am	Int Pilates Tomoko 6 am	Yoga Sharon 6 am		
Cardio Combo Kelsey 6:30 am		Cardio Combo Kelsey 6:30 am		C.S.I. Kelsey 6:30 am	Cycle (80min) Rebecca 6:30 am	
	RPM™Express Keefe 6:30 am	Yoga Tomoko 7:30 am	RPM™ Catherine 6:30 am	Pilates Vangie 7:30 am	C.S.I. Rotation 7 am	
Yoga Tomoko 7:30 am	Stretch Kathleen 7:30 am	CxWorx™ Dena S 8 am	Stretch Kathleen 7:30 am	CxWorx™ Dena S 8 am	Yoga Halimah 7:30 am	
BODYPUMP™ Erika 8:30 am	H.I.I.T Trish 8:30am	C.S.I. Trish 8:30 am	Ballates Lizeth 8:30 am	H.I.I.T. Jai 8:30 am	Cycle Julie 8 am	
BODYFLOW™ Tomoko 8:30 am		Yoga Tomoko 8:30 am		Yoga Dominique 8:30 am	H.I.I.T. Lee 8:05 am	
Cycle Lizeth 8:30 am	Cycle Jane 8:30 am	Cycle Jane 8:30 am	Cycle David 8:30 am		Pilates Kelsey 8:30 am	
C.S.I. Eugene 9:30 am	BODYPUMP™ John D 9:30 am	BODYCOMBAT™ Dena L 9:30 am	BODYPUMP™ John D 9:30 am	BODYCOMBAT™ John D 9:30 am	CxWorx™ Dena L. 9 am	
Int Pilates Shannon/Tomoko 9:30 am	Int Yoga Monica 9:30 am	BODYFLOW™ Tomoko 9:30 am	Int Pilates Shannon/Tomoko 9:30 am	Int Yoga Monica 9:30 am	BODYCOMBAT™ Rachel 9:35 am	
Cycle Julie 9:30 am		Cycle Julie 9:30 am		Cycle Julie 9:30 am	BODYFLOW™ Dena L 9:30 am	
AOA Cardio John 10:30 am	AOA Cardio Vangie 10:30 am	AOA Cardio Dena 10:30 am	AOA Cardio Tomoko 10:30 am	AOA Pilates Mary Ann 10:30 am	Cycle Rotation 9:30 am	
Yoga Molly 10:30 am		Yoga Molly 10:30 am		Zumba™ Marcie 10:30am	BODYPUMP™ Marcie 10:40 am	
Silver Sneakers Billie 11:30 am	AOA Strength Kim 11:30 am	Silver Sneakers Billie 11:30 am	AOA Yoga Stretch Billie 11:30 am	Silver Sneakers Billie 11:30 am	Tai Chi Level II John S 10:30 am	
Int Yoga Olga 11:30 am	Beginner Yoga Tomoko 11:30 am	Int Yoga (90min) Olga 11:30 am	Beginner Yoga Tomoko 11:30 am	Yoga Sculpt Vangie 11:30 am	BODYSTEP™ Emilia 11:45 am	

WEEKLEY FAMILY YMCA

7101 Stella Link Blvd.
Houston, TX 77025
(713) 664-9622

www.ymcahouston.org/weekley-family



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

LES MILLS
FOR A FITTER PLANET



This Y is a Les Mills & Zumba licensed facility



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meditation Rotation 12:30 pm	Power Yoga Monica 12:30 pm		Power Yoga Monica 12:30 pm	Pilates Mary Ann 12:30 pm	Tai Chi Level I John S 12 pm	
	Power Pump Niki 12:30 pm		Power Pump Niki 12:30 pm			Insanity® Melanie 1:00 pm
Zumba™ Marcie 1:30 pm	Cycle David 1:30 pm	Line Dance Sandy 1:30 pm	Zumba™ Sandy 1:30 pm	BODYSTEP™ Karan 1:30	Int Yoga Dominique 1:30 pm	Nightclub Cardio™ Jenny 2 pm
				CxWorx™ Karan 2:00		Pilates Robin 3 pm
C.S.I. Lizeth 4:30 pm	BODYSTEP™ Karan 4:30 pm	BODYCOMBAT™ Lesley 4:30 pm	C.S.I. Lisa 4:30 pm	Zumba™ Sylvia/Sandy 4:30 pm		BODYCOMBAT™ Lesley 3 pm
			Yoga Sharon 4:30 pm			BODYFLOW™ John 4 pm
H.I.I.T. Jai 5:30 pm	Zumba™ Namika 5:30 pm	Kickboxing Laura 5:30 pm	Zumba™ Ale 5:30 pm	Family Zumba™ Sylvia/Sandy 5:30 pm		Cycle rotation 4:00 pm (60min)
	Yoga Dominique 5:30 pm			BODYPUMP™ Krista 5:45 pm		Zumba™ Audrey/Trina 4:45 pm
Cycle Maggie 6 pm	Cycle Lisa 5:30 pm	Cycle Joe 6 pm	Cycle Lisa 5:30 pm			BODYSTEP™ John D 5:30 pm
Yoga Duane 6:30 pm	Power Pump Lisa 6:30 pm	Yoga Duane 6:30 pm	Nightclub Cardio™ Namika 6:30 pm			BODYPUMP™ Jai 6:30 pm
BODYPUMP™ Krista 6:30 pm	BODYFLOW™ John 6:30 pm		Pilates Linda 6:30 pm	BODYFLOW™ John 6:30 pm		
Nightclub Cardio™ Jenny 7:30 pm	RPM™ Catherine 6:45 pm	H.I.I.T. Matt 6:30 pm				
	BODYCOMBAT™ Rachel 7:30 pm	BODYPUMP™ Marcie 7:30 pm	Kickboxing Laura 7:30 pm			
BODYCOMBAT™ Paula 8:30 pm	Power Yoga Noami 8:30 pm	Pilates Toni 7:30 pm	Power Yoga Olga 8:30 pm			

AFTERNOON

WEEKLEY FAMILY YMCA
7101 Stella Link Blvd.
Houston, TX 77025
(713) 664-9622
www.ymcahouston.org/weekley-family

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



This Y is a Les Mills & Zumba licensed facility