

THE YMCA OF THE COASTAL BEND

GROUP EXERCISE CLASS SCHEDULE 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7 a.m. Cycling Cycling Room (Adam)		6-7 a.m. Cycling Cycling Room (Adam)				
7:30 - 8:30 a.m. Tai-Chi Group Exercise A (Paul)	8-9 a.m. Zumba Gold® Group Exercise A (Elena)	7:30 - 8:30 a.m. Tai-Chi Group Exercise A		8-9 a.m. Zumba Gold® Group Exercise A (Elena)		
	Texas A&M ONLY 9-10 a.m. Group Exercise Room A		Texas A&M ONLY 9-10 a.m. Group Exercise Room A			
9-10 a.m. Aqua ZUMBA® Pool (Elena)	9-10 a.m. SilverSneakers® Boom: Yoga, Strength & Flow Community Room (Bill)	9-10 a.m. Aqua ZUMBA® Pool (Elena)	9-10 a.m. SilverSneakers® Boom: Mind & EnerChi Community Room (Bill)	9-10 a.m. Aqua ZUMBA® Pool (Elena)	9-10 a.m. Zumba Gold® Group Exercise A (Elena)	
	9-10 a.m. Aqua ZUMBA® Pool (Elena)		9-10 a.m. Aqua ZUMBA® Pool (Elena)		9 - 10 a.m. Pawz UP Kickboxing Community Room (Kim)	
10-11 a.m. SilverSneakers® Boom: Move & Muscle Community Room (Manny)	Texas A&M ONLY 10 - 11 a.m. Community Room	10-11 a.m. SilverSneakers® Boom: Move & Muscle Community Room (Manny)	Texas A&M ONLY 10 - 11 a.m. Community Room	10-11 a.m. SilverSneakers® Boom: Move & Muscle Community Room (Manny)	10-11 a.m. PUMP Group Exercise A (Sarah)	
	10-11 a.m. Les Mills Body Balance Group Exercise A (Lisa)		12-1 p.m. H.I.I.T Group Exercise B (Tim)			
12-1 p.m. Core/Circuit Group Exercise B (Maria)	12-1 p.m. H.I.I.T Group Exercise B (Tim)	Core/Circuit Group Exercise A (Maria)	12-1 p.m. Cardio Push Cycling Room (Maria)	12-1 p.m. Core/Circuit Group Exercise A (Maria)		
12-1 p.m. Body Pump Group Exercise A (Sarah)	Texas A&M ONLY 2 - 3 p.m. Community Room	12-1 p.m. Group X Group Exercise B (Tim)	Texas A&M ONLY 2 - 3 p.m. Community Room	12-1 p.m. H.I.I.T Group Exercise B (Tim)		
	Texas A&M ONLY 4 - 5 p.m. Community Room					
5:30-6:30 p.m. Bootcamp Group Ex B (Solomon)		5:30-6:30 p.m. Bootcamp Group Ex B (Solomon)	Texas A&M ONLY 4 - 5 p.m. Community Room			
5:30-6:30 p.m. Zumba® Group Exercise A (Elena)	5:30-6:30 p.m. Zumba® Community Room (Fernando)	5:30-6:30 p.m. Zumba® Group Exercise A (Elena)	5:30-6:30 p.m. Zumba® Community Room (Fernando)	5:30-6:30 p.m. Zumba® Group Exercise A (TBA)		
5:30-6:30 p.m. Water Aerobics Pool (Rebecca)	5:30-6:30 p.m. PUMP Group Exercise A (Sarah)	5:30-6:30 p.m. Water Aerobics Pool (Rebecca)	5:30-6:30 p.m. PUMP Group Exercise A (Sarah)	5:30-6:30 p.m. Aqua ZUMBA® Pool (Elena)		
6:00- 7:00 p.m. Pawz UP Kickboxing 6 - 7 p.m. Community Room (Kim)	Texas A&M ONLY 6 - 7 p.m. Group Exercise Room B	6:00- 7:00 p.m. Pawz UP Kickboxing Community Room (Kim)	Texas A&M ONLY 6 - 7 p.m. Group Exercise Room B			
6:45 - 7:45 p.m. Sunset Yoga Group Exercise A (Armando)	Texas A&M ONLY 7 - 8 p.m. Community Room	6:45 - 7:45 p.m. Sunset Yoga Group Exercise A (Armando)	Texas A&M ONLY 7 - 8 p.m. Community Room			



NOTE: Shaded Classes reserved for the University ONLY