

Recurring Capital Texercise Events

Facility addresses below

Monday	10:15 – 11:15 am 2:00 – 3:00 pm	SilverSneakers – Gold's Gym @ Ben White SilverSneakers – Twin Lakes YMCA
Tuesday	10:45 – 11:45 am 11:15 am – 12noon	SilverSneakers – Round Rock YMCA SilverSneakers – JCAA
Wednesday	10:15 – 11:15 am 2:00 – 3:00 pm	SilverSneakers - Gold's Gym @ Ben White SilverSneakers – Twin Lakes YMCA
Thursday	10:45 – 11:45 am	SilverSneakers – Round Rock YMCA
Friday	12:30 – 1:15 pm 2:00 – 3:00 pm	SilverSneakers – JCAA SilverSneakers – Twin Lakes YMCA

Gold's Gym @ Ben White
1701 W Ben White
Austin, TX 78704

Twin Lakes YMCA
204 E Little Elm Trail
Cedar Park, TX 78613

Round Rock YMCA
1812 N. Mays St.
Round Rock, TX 78664

JCAA
7300 Hart Lane
Austin, Texas 78731