

the **Y** GROUP FITNESS SCHEDULE

Effective September 23rd, 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING CLASSES						
5:00-6:00am Boot Camp	5:15-6:00am ● Cycling*	5:00-5:45am ● PiYo Sculpt	5:15-6:00am ● Cycling*	5:00-6:00am Boot Camp	7:30-8:30am Step2Max	NO CLASSES SCHEDULED
8:00-8:50am A.O.A. Step	6:00-6:45am ● Body Sculpt	6:00-6:50am Kickboxing*	6:00-6:45am ● Body Sculpt	8:00-8:50am A.O.A. Back & Abs	8:40-9:25am ● Cycling*	
9:00-9:00am Step	8:00-8:50am A.O.A. Cycling	8:00-8:30am ● Zumba	8:00-8:50am A.O.A. Yoga	9:00-9:30am Step	9:30-10:20am ● Cyclebox*	
9:35-10:05am ● Pilates		8:35-9:05am Kettlebells	9:00-9:50am ● Body Sculpt	9:35-10:05am Rotating Class (Cycling, Boxing, Kettlebells, Bootcamp)	10:30-11:10am ● Zumba	
10:15-10:45am ● TRX Body Blast* (tennis)	9:00-9:45am ● Body Sculpt	9:10-9:40am ● Step & Sculpt	9:50-10:20am HIIT Training	10:15-10:45am ● TRX Body Blast* (tennis)		
10:15-11:05am ● Yoga	9:50- 10:20am HIIT Training	9:45-10:05am ● Core Conditioning		10:15-11:05am ● Yoga		
		10:15-10:45am ● TRX Body Blast* (tennis)				
LUNCH TIME CLASSES						
11:15am-12:05pm ● Cycle Box*	11:15-11:55pm TRX Circuit* (tennis)	11:15-12:05pm Kickboxing*	11:15-11:55am ● Pilates	11:15-12:05pm ● Cycle Box*	NO CLASSES SCHEDULED	1:00-1:50pm Bootcamp
12:10-12:30pm ● Core Conditioning	11:15-11:55am ● Pilates		12:05-12:50pm TRX Circuit* (tennis)	12:10-12:30pm ● Core Conditioning		2:00-3:00pm ● Cycling/Kettlebells/Yoga
	12:05-12:50pm ● Cycling*					
AFTERNOON / EVENING CLASSES						
4:30-5:15pm ● Aerobic Blast	4:30-5:00pm ● TRX Body Blast* (tennis)	4:30-5:15pm ● Aerobic Blast	4:30-5:00pm ● Cycling*	4:30-5:20pm ● Cycle Box*	NO CLASSES SCHEDULED	
5:00-5:30pm ● TRX Body Blast* (tennis)	5:05-5:35pm ● Zumba	5:00-5:30pm ● TRX Body Blast* (tennis)	5:05-5:35pm ● Zumba/Tone			
5:20-5:35pm ● Awesome Abs	5:40-6:25pm ● Cycling*	5:20-5:35pm ● Awesome Abs	5:40-6:25pm ● Cycling*			
5:45-6:45pm Boot Camp	6:30-7:15pm Kickboxing*	5:45-6:45pm Boot Camp	6:30-7:15pm Kickboxing*			
7:00-7:30pm ● Pilates	7:20-8:00pm Kettlebell Interval Class	7:00-7:50pm ● Cycle Box*	7:20-8:00pm Kettlebell Interval Class			
7:30-8:00pm ● Zumba						

Y HOURS

Monday-Thursday
4:45am-10:00pm
Friday
4:45am-9:00pm
Saturday
7:00am-9:00pm
Sunday
12:00pm-6:00pm

KIDS KOVE HOURS

Monday-Friday
8:30am-1:00pm
3:30-8:00pm
Saturday
8:00am-1:00pm
Sunday*
12:30pm-3:30pm
*Sunday hours begin Oct 18

*Participants are strongly encouraged to sign-up for these classes to reserve their spot as there are a limited number of TRX straps, cycling bikes and boxing bags. Registration is done online at www.ymca-austin.org or on our Facebook page : YMCA of Austin, MN.

● Class is a great option for those new or returning to exercise.

☐ Kids Kove is open for Child Care during classes that are highlighted.

**FIND US ON YOUR FAVORITE
SOCIAL MEDIA SITES**





Register for specialty fitness classes and events on our website.

GROUP FITNESS : CARDIO

AEROBIC BLAST : Fun and easy sequences incorporating marching, grapevines, knee lifts and lots of moving!

CYCLE BOX : The ultimate cardio workout hitting both upper and lower body by alternating intervals of cycling and boxing.

● **✦ CYCLING** : Indoor cycling workout incorporating visual imagery, verbal cues and energy zones. All fitness levels welcome as cyclist work at their own level.

INTERVAL CONDITIONING : This workout is great for overall fitness, speed, coordination, and core stability. It includes a good mix of body weight and strength training, combined with cardio intervals. This class uses a variety of equipment.

HIIT : Class involving alternating periods of short intense anaerobic exercise with less-intense recovery periods.

✦ **KICK BOXING** : Utilizes boxing gloves and boxing bags. Gives a great cardiovascular and muscle conditioning workout.

STEP : Step up and down to a variety of moves.

STEP2MAX : Step intermixed with cycling, boxing and bootcamp.

STEP & SCULPT : Step up and down to a variety of moves that focus on Muscle conditioning.

ZUMBA : A fun, Latin dance inspired workout with easy to follow steps that let you naturally move to the beat. Zumba brings together Salsa, Merengue, Samba, Raggaeton, African Beats, Cumbia and Funk.

GROUP FITNESS : TONING

● **AWESOME ABS** : Express class designed to attack the abdominal & lower back muscles. Come to class warmed up.

● **BODY SCULPT** : Muscle conditioning class that provides a balanced total body workout.

BOOT CAMP : Fun workout that incorporates obstacle courses, stations and circuits. This workout contains cardio and strength conditioning and works on your power and agility.

● **CORE CONDITIONING** : Express class concentrating on the core muscles of the body. It strengthens the abs and their opposing muscles as well as stabilizing them. Come to class warmed up.

KETTLEBELL INTERVAL CLASS : Class utilizing kettlebells that incorporate movements that result in a dynamic, whole-body exercise routine that incorporates cardiovascular, resistance and range-of-motion training.

● **✦ TRX BODY BLAST** : Burn calories, tone muscle with this Strength and endurance workout. Fire up your core, hit every major muscle group and get ready to sweat with this total-body TRX Suspension Training workout.

● **✦ TRX CIRCUIT TRAINING** : This is a high intensity, interval and cardio training class. Have fun and watch your heart rate soar with a dynamic blend of bootcamp activities and then move to the straps for a round of intense strength work.

GROUP FITNESS : MIND & BODY

● **FITNESS YOGA** : A total mind-body workout featuring cardio conditioning, functional strength, flexibility, muscle balancing and relaxation. Each workout is a special sequence geared towards participants of all fitness levels.

● **PILATES MIX** : A mind-body connection/awareness practice and total body conditioning workout. Helps improve posture, balance, strength, flexibility, breathing and core strength. This class incorporates exercise equipment.

● **PIYO SCULPT** : Fusion style flexibility workout blending yoga, pilates and strength training in a flowing sequence to improve muscular strength and endurance with the safe use of resistance equipment.

● **YOGA** : A basic Yoga class with an emphasis on poses.

FREE PERSONAL TRAINING INTRODUCTORY SESSION

Date

Offer expires 10/15/15

All members can receive 1 free, 1-hour Personal Training Introductory session. Offer must be claimed by 10/15/15. Contact Andy Nelson with any questions and to set up the session. Register for this offer online or at the Y Front Desk.

● Class is a great option for those new or returning to exercise.

✦ Participants are strongly encouraged to sign-up for these classes to reserve their spot as there are a limited number of bikes, kickboxing bags and TRX straps. You can sign up online at www.ymca-austin.org or on our Facebook Page: YMCA of Austin, MN.