

# GROUP FITNESS SCHEDULE



## SUMMER HOURS

**M-F: 4:45a-9:00p**

**Sa: 7:00a-8:00p**

## EFFECTIVE for Summer 2018

Group fitness classes are held in the Fitness Studio

Except TRX and HIIT Mash-Up classes, which are held on the Tennis Court.

## Kids Kove Hours:

M-F: 8:30a-1:30p  
 M-TH: 3:30p-8:00p  
 F: 3:30p-7:00p  
 Sa: 8:00a-12:00p  
 Su: CLOSED

	Morning Class	Mid-Day Class	Evening Class
M	5:00a - Boot Camp (60m) 6:05a- Boot Camp (45m) 8:00a - <b>A.O.A.</b> Pump Circuit (50m) 9:00a - Step (30m) 9:35a - Pilates (30m) 10:15a - TRX Body Blast* (30m) 10:15a - Yoga (50m)	11:15a - Cycle Box* (50m) 12:10p - Core Conditioning (20m)	<b>4:30p</b> - Aerobic Ab Fusion (45m) 5:00p - TRX Body Blast* (30m) <b>5:20p</b> - Awesome Abs (15m) 5:45p - Boot Camp (60m) 7:00p - Pilates (30m) 7:35p - Zumba (30m)
T	5:15a - Cycling* (45m) 6:00a - Body Sculpt (45m) 8:00a - <b>A.O.A.</b> Pilates (50m) 9:00a - Body Sculpt (45m) 9:50a - Kickboxing (30m)	11:15am -HIIT MASH-UP (45min) <b>*NEW</b> 11:15a - Pilates Mix (40m) 12:05p - Cycling* (45m)	5:05p - Zumba (30m) 5:40p - Cycling* (45m) 6:30p - Kickboxing* (45m) 7:20p - Kettlebell Interval (40m)
W	5:00a - Kickboxing/Strength/Core (60m) 6:05a -Tabata Mash-up (45m) 8:30a - Pilates Mix (30m) 9:05a - Step & Sculpt (30m) 9:40a - Kettlebells (30m) 10:15a-Yoga (50m)	NO CLASSES HELD	<b>4:30p</b> - Aerobic Ab Fusion (45m) 5:00p - TRX Body Blast* (30m) <b>5:20p</b> - Awesome Abs (15m) 5:45p - Boot Camp (60m) 7:00p - Cycle Box* (50m)
Th	5:15a - Cycling* (45m) 6:00a - Body Sculpt (45m) 8:00a - <b>A.O.A.</b> Yoga (50m) 9:00a - Body Sculpt (45m) 9:50a - Cycling (30m)	11:15a - Pilates Mix (40m) 12:00p - Boot Camp (45m)	4:30p- Cycling (30m) 5:05p - Zumba (30m) 5:40p - Cycling* (45m) 6:30p - Kickboxing* (45m) 7:20p - Kettlebell/Core (40m)
F	5:00a - Boot Camp (60m) 6:05a- Boot Camp (45) 8:00a - <b>A.O.A.</b> Step/Line Dance (50m) 9:00a - Step (30m) 9:35a - Pilates (30m) 10:15a - TRX Body Blast* (30m) 10:15a - Yoga (50m)	11:15a - Cycle Box* (50m) 12:10p - Core Conditioning (20m)	4:30p POUND (50m) 5:45p Friday Finisher (50m)
Sa	7:30a - Step/Cardio/Core (60m) 8:40a - Cycling* (60m) 9:45a - Zumba (45m)	NO CLASSES HELD	NO CLASSES HELD
Su	NO CLASSES HELD	NO CLASSES HELD	NO CLASSES HELD

\*Participants are strongly encouraged to sign-up for these classes to reserve their spot.

TRX straps, cycling bikes and boxing bags are limited. Registration is done on our Facebook page: "YMCA of Austin MN" or online at [www.ymca-austin.org](http://www.ymca-austin.org).





# GROUP FITNESS CLASSES

**A.O.A** –Active Older Adults programming focused on maintaining an individuals independence, bone density, muscle integrity and cardiovascular endurance.

**YOGA** : A total mind-body workout featuring cardio conditioning, functional strength, flexibility, muscle balancing and relaxation.

**PILATES**: 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.

**AEROBIC AB FUSION** : 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. Featuring HIIT, Tabata and Interval style workouts.

**CORE CONDITIONING** : Express class focusing 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**: 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\*** : Fire up your core, hit every major muscle group and get ready to sweat with this total-body TRX Suspension Training workout.

**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, Raggaton, African Beats, Cumbia and Funk.

**HIIT MASH-UP** -Build and chisel during these high energy strength, core and cardio intervals that will tone and define your entire

**FRIDAY FINISHER** : The focus of this class is to incorporate cardio and strength training that will increase endurance, muscle strength and core stability. This class is for those looking for an intense workout to finish off the week. There will be a Facebook page to follow to know what is planned for the class.

**TABATA Mash UP** : This class offers a form of full body, high intensity interval training designed to get your heart rate up in the anaerobic zone for short periods of time.

**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 cyclists work at their own level.

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

**POUND**: Full body cardio jam, drumming with Ripstix, torch calories and tone.

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

## NEW PARTICIPANTS!

If you are attending a class for the first time, please arrive 10 minutes prior to the class and let your instructor know so that you can be paired with a workout "mentor".

For Cycling, Cyclebox, Kickboxing & Kettlebells please set up an appointment prior to your first class to meet with the instructor for proper equipment and form training by emailing [kbielefeld@ymca-austin.org](mailto:kbielefeld@ymca-austin.org) or by calling 507-433-1804 ext. 105.

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