

GROUP FITNESS SCHEDULE



BUILDING HOURS

Mon - Tues • 4:45am - 10:00pm
 Fri • 4:45am - 9:00pm
 Sa • 7:00am - 9:00pm
 Su • Noon - 6:00pm

CHILDCARE HOURS

Mon - Fri • 8:30am - 1:30pm
 Mon - Thurs • 3:30pm - 8:00pm
 Fri • 3:30pm - 7:00pm
 Sa • 8:00am - Noon
 Su • CLOSED

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	BootCamp 5:00 - 6:00	Cycling 5:15 - 6:00		Cycling 5:15 - 6:00	BootCamp 5:00 - 6:00		
6am	BootCamp 6:05 - 6:50	Body Sculpt 6:00 - 6:45	BootCamp 6:05 - 6:50	Body Sculpt 6:00 - 6:45	BootCamp 6:05 - 6:50		
7am						Step/Cardio/Core 7:30 - 8:30	
8am	A.O.A Pump Circuit 8:00 - 8:50	A.O.A Pilates 8:00 - 8:50	Pilates Mix 8:30 - 9:10	A.O.A Yoga 8:00 - 8:50	A.O.A Step/Line Dance 8:00 - 8:50	Cycling 8:40 - 9:40	
9am	Step 9:00 - 9:30	Body Sculpt 9:00 - 9:45	Step 9:15 - 10:00	Body Sculpt 9:00 - 9:45	Step 9:00 - 9:30		
	Pilates 9:35 - 10:05	Kickboxing 9:50 - 10:20		Cycling 9:50 - 10:20	Pilates 9:35 - 10:05	Zumba 9:45 - 10:30	
10am	TRX Body Blast* 10:15 - 10:45				TRX Body Blast* 10:15 - 10:45		
	Yoga 10:15 - 11:05		Yoga 10:15 - 11:05		Yoga 10:15 - 11:05		
11am	Cycle Circuit 11:15 - 12:05	Pilates 11:15 - 11:55		Pilates 11:15 - 11:55	CycleBox 11:15 - 12:05		
		HIIT Mash-Up* 11:15 - 11:55					
12pm	Core 12:10 - 12:30	Cycling 12:05 - 12:50	Kickboxing/Core 12:00 - 12:45	BootCamp 12:00 - 12:45	Core 12:10 - 12:30		Cycle/Core 12:05 - 12:55
1pm							BootCamp 1:00 - 1:50
4pm	Aerobic Fusion 4:30 - 5:15		Aerobic Fusion 4:30 - 5:15	Cycling 4:30 - 5:00			
5pm	TRX Body Blast* 5:00 - 5:30	Zumba 5:05 - 5:35	TRX Body Blast* 5:00 - 5:30	Zumba 5:05 - 5:35			
	Awesome Abs 5:20 - 5:35		Awesome Abs 5:20 - 5:35				
	BootCamp 5:45 - 6:45	Cycling 5:40 - 6:25	BootCamp 5:45 - 6:45	Cycling 5:40 - 6:25	Friday Finisher 5:45 - 6:35		
6pm	Pound (MPR) 6:30 - 7:20	Kickboxing 6:30 - 7:15		Kickboxing 6:30 - 7:15			
7pm	Pilates 7:00 - 7:30	Kettlebell Combo 7:20 - 8:00	CycleBox 7:00 - 7:50	Kettlebell/Core 7:20 - 8:00			
	Zumba 7:35 - 8:05						

***NOTE:** All classes are subject to change due to demand and participation. Class announcements, such as Cancellations will be posted on our Social Media sites. All classes are held in the Fitness Studio, except for TRX Body Blast & HIIT Mash-up, which are held on the Tennis Courts. Pound is held in the Multi-Purpose Room.

704 1st Drive NW • Austin MN • 55912 • 507.433.1804 • www.ymca-austin.org



Class Descriptions YMCA of Austin



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A.O.A - Active Older Adults programming focused on maintaining an individual's 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.

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.

BOOTCAMP - 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 - 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.

KETTLEBELL COMBO - Combines the classic kettlebell with battle ropes, gliders, dumbbells, Bosu and more to increase muscle endurance, strength, and power. This high intensity class will provide the right amount of challenge to those who want it all while having fun. Geared towards intermediate+ fitness levels.

TRX BODY BLAST* - 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, Reggaeton, African Beats, Cumbia and Funk.

AEROBIC FUSION - Fun, challenging, moderate/fast-paced movement sequences incorporating marching, grapevines, pivots, turns, knee lifts and much more! Come to class ready to exercise your body and your mind!

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

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.

CYCLEBOX* - 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.

KICKBOXING* - Utilizes boxing gloves and boxing bags. Gives a great cardiovascular and muscle conditioning workout.

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

POUND - This full-body cardio jam session uses RipStix and combines light resistance with constant simulated drumming to create a high energy environment ideal for shedding pounds and toning up. Great for all fitness levels.

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