

# GROUP FITNESS SCHEDULE



## YMCA HOURS

**M-F: 4:45a-10:00p**

**Sa: 7:00a-9:00p**

**Su: 12:00-6:00p**

**EFFECTIVE February 1, 2018**

Group fitness classes are held in the Fitness Studio;

Except TRX 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**

	<b>Morning Class</b>	<b>Mid-Day Class</b>	<b>Evening Class</b>
<b>M</b>	5:00a - Boot Camp (60m) <b>6:05a - Boot Camp (45m) -NEW!!!</b> 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)	4:30p - Aerobic Fusion (45m) 5:00p - TRX Body Blast* (30m) 5:20p - Awesome Abs (15m) 5:45p - Boot Camp (60m) 7:00p - Pilates (30m) 7:35p - Zumba (30m)
<b>T</b>	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)	11:15a - TRX Circuit* (45m) 11:15a - Pilates Mix (40m) 12:05p - Cycling* (45m)  <b>3:30p -YOUTH FITNESS (45m)</b> -Ages 7-14 ONLY With Registration	5:05p - Zumba (30m) 5:40p - Cycling* (45m) 6:30p - Kickboxing* (45m) 7:20p - Kettlebell Interval (40m)
<b>W</b>	5:00a - Kickboxing/Strength/Core (60m) <b>6:05a -Boot Camp (45m) -NEW!!!</b> 8:30a - Pilates Mix (30m) 9:05a - Step & Sculpt (30m) 9:40a - Kettlebells (30m) 9:30a - TRX Body Blast* (30m) 10:15a-Yoga (50m)	11:15 - Kickboxing* (30m)	4:30p - Aerobic Fusion (45m) 5:00p - TRX Body Blast* (30m) 5:20p - Awesome Abs (15m) 5:45p - Boot Camp (60m) 7:00p - Cycle Box* (50m)
<b>Th</b>	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)  <b>3:30p -YOUTH FITNESS (45m)</b> -Ages 7-14 ONLY With Registration	4:30p-Cycling (30m) 5:05p - Zumba (30m) 5:40p - Cycling* (45m) 6:30p - Kickboxing* (45m) 7:20p - Kettlebell/Core (40m)
<b>F</b>	5:00a - Boot Camp (60m) <b>6:05a - Boot Camp (45) -NEW!!!</b> 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)
<b>Sa</b>	7:30a - Step/Cardio/Core (60m) 8:40a - Cycling* (60m) 9:45a - Zumba (45m)	NO CLASSES HELD	NO CLASSES HELD
<b>Su</b>	NO CLASSES HELD	12:05p Cycling/Core (45m) 1:00p Bootcamp (50m)	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

## 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.

## 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. 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 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 boot camp activities and then move to the straps for a round of intense strength work.

**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.

## GROUP FITNESS : CARDIO

**AEROBIC Fusion** : Fun and Challenging sequences incorporating marching, grapevines, knee lifts, turns, pivots and lots of moving!

**BATTLE ROPES INTERVAL** : An intense workout for improving muscular strength, endurance, cardiovascular conditioning and will get your heart rate going immediately. Battle ropes help increase aerobic and anaerobic capacity, are a low impact cardiovascular training tool, and gives you a full body workout including great conditioning. Kettlebells and other equipment may be incorporated throughout the workout. Not only are battle ropes a great workout, it is also fun and interactive.

**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.

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

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

**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.

### 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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