

Effective April 1, 2019

# GROUP FITNESS SCHEDULE



## BUILDING HOURS

Mon - Thurs • 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  | <b>BootCamp</b><br>5:00 - 6:00           | <b>Cycling</b><br>5:15 - 6:00          |                                       | <b>Cycling</b><br>5:15 - 6:00          | <b>BootCamp</b><br>5:00 - 6:00           |  |                                    |
| 6am  | <b>BootCamp</b><br>6:05 - 6:50           | <b>Body Sculpt</b><br>6:00 - 6:45      | <b>BootCamp</b><br>6:05 - 6:50        | <b>Body Sculpt</b><br>6:00 - 6:45      | <b>BootCamp</b><br>6:05 - 6:50           |  |                                    |
| 7am  |  |  |                                       |  |  | <b>Step/Cardio/Core</b><br>7:30 - 8:30       |                                    |
| 8am  | <b>A.O.A Pump Circuit</b><br>8:00 - 8:50 | <b>A.O.A Pilates</b><br>8:00 - 8:50    | <b>Pilates</b><br>8:30 - 9:10         | <b>A.O.A Yoga</b><br>8:00 - 8:50       | <b>A.O.A Pump Circuit</b><br>8:00 - 8:50 | <b>Cycling</b><br>8:40 - 9:40                |                                    |
| 9am  | <b>Step</b><br>9:00 - 9:30               | <b>Body Sculpt</b><br>9:00 - 9:45      | <b>Step</b><br>9:15 - 10:00           | <b>Body Sculpt</b><br>9:00 - 9:45      | <b>Step</b><br>9:00 - 9:30               |  |                                    |
|      | <b>Pilates</b><br>9:35 - 10:05           | <b>Kickboxing</b><br>9:50 - 10:20      |                                       | <b>Cycling</b><br>9:50 - 10:20         | <b>Pilates</b><br>9:35 - 10:05           |  |                                    |
| 10am | <b>TRX Body Blast*</b><br>10:15 - 10:45  |  |                                       |  | <b>TRX Body Blast*</b><br>10:15 - 10:45  | <b>Battle Rope Interval</b><br>10:00 - 10:45 |                                    |
|      | <b>Yoga</b><br>10:15 - 11:05             |  | <b>Yoga</b><br>10:15 - 11:05          |  | <b>Yoga</b><br>10:15 - 11:05             |  |                                    |
| 11am | <b>Cycle Circuit*</b><br>11:15 - 12:05   | <b>Pilates Mix</b><br>11:15 - 11:55    |                                       | <b>Pilates Mix</b><br>11:15 - 11:55    | <b>CycleBox</b><br>11:15 - 12:05         |  |                                    |
| 12pm | <b>Core</b><br>12:10 - 12:30             | <b>Cycling</b><br>12:05 - 12:50        |                                       |  | <b>Core</b><br>12:10 - 12:30             |  | <b>Cycle/Core</b><br>12:05 - 12:55 |
| 1pm  |  |  |                                       |  |  |  | <b>BootCamp</b><br>1:00 - 1:50     |
| 4pm  | <b>Aerobic Fusion</b><br>4:30 - 5:15     |  | <b>Circuit Fusion</b><br>4:30 - 5:15  | <b>Cycling</b><br>4:30 - 5:00          |  |  |                                    |
| 5pm  | <b>TRX Body Blast*</b><br>5:00 - 5:30    | <b>Zumba</b><br>5:05 - 5:35            | <b>TRX Body Blast*</b><br>5:00 - 5:30 | <b>Zumba</b><br>5:05 - 5:35            |  |  |                                    |
|      | <b>Awesome Abs</b><br>5:20 - 5:35        |  | <b>Awesome Abs</b><br>5:20 - 5:35     |  |  |  |                                    |
|      | <b>BootCamp</b><br>5:45 - 6:45           | <b>Cycling</b><br>5:40 - 6:25          | <b>BootCamp</b><br>5:45 - 6:45        | <b>Cycling</b><br>5:40 - 6:25          | <b>Friday Finisher</b><br>5:45 - 6:35    |  |                                    |
| 6pm  | <b>Pound (MPR)</b><br>6:30 - 7:20        | <b>Kickboxing</b><br>6:30 - 7:15       |                                       | <b>Kickboxing</b><br>6:30 - 7:15       |  |  |                                    |
| 7pm  | <b>Pilates</b><br>7:00 - 7:30            | <b>Kettlebell Combo</b><br>7:20 - 8:00 | <b>CycleBox</b><br>7:00 - 7:50        | <b>Kettlebell Combo</b><br>7:20 - 8:00 |  |  |                                    |
|      | <b>Zumba</b><br>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, which are held on the Tennis Courts. Pound is held in the Multi-Purpose Room and HIIT Fit in The Lab.



## 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.

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

**BATTLE ROPE INTERVAL** - Get ready to sweat with this high energy, circuit style training incorporating Battle Ropes, Kettlebells and so much more.

**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.

**CIRCUIT 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!

**CYCLE CIRCUIT\*** - Cycling with a combination of Strength Training.

**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.

**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.

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

**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.

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

**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.

**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.

**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 pound and toning up. Held in the Multi-Purpose Room.

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

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

**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.

\*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](http://www.ymca-austin.org).