



# Free Group Exercise Schedule

## WINTER 2019

### January 2 - April 30, 2019

1401 South Riverfront Drive  
Mankato, MN 56001  
(507) 387-8255

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>BODYPUMP™</b> 5:15am - 6:15am	<b>Low Impact HIIT</b> 5:30am - 6:15am	<b>BODYPUMP™</b> 5:15am - 6:15am	<b>GRIT™</b> 5:30am - 6am	<b>BODYPUMP™ Express</b> 5:15am - 5:45am		
	<b>RPM™</b> 5:30am - 6:15am	<b>GRIT™</b> 5:30am - 6am	<b>RPM™</b> 5:30am - 6:15am		<b>RPM™</b> 5:30am - 6:15am		
6am		<b>CXWORX™</b> 6:05am - 6:35am		<b>Gentle Yoga</b> 6:20am - 7:20am			
		<b>Gentle Yoga</b> 6:20am - 7:20am				<b>RPM™</b> 7:15am-8am	
7am		<b>Tai Chi</b> 7:30am - 8:15am				<b>Weekend Warrior</b> 7:15am-8am (1st Saturday of Month)	
						<b>GRIT™</b> 7:30am-8am (All other Saturdays of Month)	
8am	<b>Cycling</b> 8:15am - 9am	<b>Step</b> 8:30am - 9:30am	<b>Cycling</b> 8:15am - 9am	<b>BODYPUMP™</b> 8:30am - 9:15am	<b>Cycling</b> 8:15am - 9am	<b>BODYPUMP™</b> 8:15am - 9:15am	
	<b>Vinyasa Yoga</b> 8:20am - 9:20am		<b>Vinyasa Yoga</b> 8:20am - 9:20am		<b>Yoga For Strength</b> 8:20am - 9:20am		
	<b>BODYPUMP™</b> 8:30am - 9:25am		<b>GRIT™</b> 8:30am - 9am		<b>Low Impact HIIT</b> 8:30am - 9:30am		
9am	<b>Oula</b> 9:30am - 10:30am	<b>Simple Stretch</b> 9am - 9:40am	<b>CXWORX™</b> 9:05am - 9:35am	<b>Simple Stretch</b> 9am - 9:40am	<b>Deep Stretch</b> 9:30am - 10:30am		
	<b>Gentle Yoga</b> 9:30am - 10:30am	<b>RPM™</b> 9:30am - 10:15am	<b>Gentle Yoga</b> 9:30am - 10:30am	<b>RPM™</b> 9:30am - 10:15am	<b>Barre</b> 9:30am - 10am		
		<b>Golden Rhythms</b> 9:45am - 10:30am		<b>Golden Rhythms</b> 9:45am - 10:30am			
10am	<b>SilverSneakers® Circuit</b> 10:45am - 11:30am		<b>Silver Sneakers Cardio Circuit</b> 10:45am - 11:30am		<b>BODYFLOW™ Flexibility</b> 10:05am - 10:35am		<b>GRIT™</b> 10:30am - 11am
					<b>Chair Yoga</b> 10:45am - 11:30am		<b>RPM™</b> 10:45am - 11:30am
11am		<b>Barre</b> 11:30am - 12pm		<b>Yoga For Strength</b> 11:30am - 12:15pm			<b>BODYCOMBAT Express</b> 11:05am - 11:40am
		<b>Yoga For Strength</b> 11:30am - 12:15pm					<b>BODYFLOW™</b> 11:45am - 12:45pm
12pm	<b>GRIT™</b> 12:15pm - 12:45pm		<b>GRIT™</b> 12:15pm - 12:45pm				
4pm	<b>BODYPUMP™</b> 4:30pm - 5:15pm	<b>Vinyasa Yoga</b> 4:30pm - 5:30pm	<b>BODYPUMP™</b> 4:30pm - 5:15pm	<b>GRIT™</b> 4:30pm - 5pm			
		<b>CXWORX™</b> 4:30pm - 5pm		<b>Yoga For Strength</b> 4:30pm - 5:30pm			
5pm	<b>Circuit Max</b> 5:30pm - 6:20pm	<b>RPM™ Express</b> 5:15pm - 5:45pm	<b>Step Interval</b> 5:30pm - 6:20pm	<b>Barre</b> 5:15pm - 5:45pm			
	<b>RPM™</b> 5:30pm - 6:15pm	<b>GRIT™</b> 5:15pm - 5:45pm		<b>Gentle Yoga</b> 5:45pm - 6:45pm			
		<b>Barre</b> 5:50pm - 6:20pm					
6pm	<b>BODYFLOW™</b> 6:30pm - 7:25pm	<b>BODYPUMP™ Express</b> 6:30pm - 7:05pm	<b>Barre</b> 6:30pm - 7pm	<b>RPM™ Express</b> 6pm - 6:30pm			
				<b>BODYPUMP™</b> 6pm - 6:55pm			
7pm	<b>Zumba®</b> 7:30pm - 8:15pm	<b>Zumba®</b> 7:15pm - 8pm	<b>BODYFLOW™ Flexibility</b> 7:05pm - 7:40pm	<b>Oula</b> 7pm - 8pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program. **Who is teaching my class?** Check out the mobile app for instructor info!



## Class Descriptions YMCA of Mankato

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**Barre** - Location: Aerobics Studio. A modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

**BODYCOMBAT Express** - 30-minute version of BODYCOMBAT.

**BODYFLOW™** - Location: Aerobics Studio; The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music.

**BODYFLOW™ Flexibility** - Location: Aerobics Studio; This is a 35-minute format focusing on flexibility. Class consists of a tai chi warm-up, sun salutations, hip openers, twists, forward bends, and ending with relaxation.

**BODYPUMP™** - Location: Aerobics Studio; The world-famous group barbell program that challenges every major muscle in your body using all the best weight room exercises like squats, curls, lifts, and presses.

**BODYPUMP™ Express** - Location: Aerobics Studio; This is a 35-minute format. Adjustable weights along with inspiring music and simple choreography allow you to get fit in record time. Boosts your endurance, increases your strength, and speeds up metabolism.

**Chair Yoga** - Location: Aerobics Studio; Chair Yoga Yoga class that moves your whole body through a complete series of seated and standing Yoga poses. Chair support is offered to safely perform all exercises. Restorative breathing exercises and final relaxation.

**Circuit Max** - Location: Aerobics Studio; Based on the circuit training concept, this class combines cardio moves (no step) and endurance strength training. This intense yet scalable workout will help burn body fat while increasing lean muscle mass.

**CXWORX™** - Location: Aerobics Studio; Exercising muscles around the core, CXWORX provides the vital ingredients for a stronger body. During the 30 minute workout trained instructors guide you through correct technique as you work to improve core strength.

**Cycling** - Location: Cycling Studio; All fitness levels will be challenged by this group ride. Improve your cardiovascular endurance, reduce stress, and burn calories like crazy! Low lighting and powerful music create an energized atmosphere.

**Deep Stretch** - Location: Studio C; A conscious mind/body practice designed to bring your whole body into a deeply relaxed state, allowing your mind to become quiet and reflective.

**Gentle Yoga** - Location: Studio C; Great class for beginners, and everyone interested in exploring a slower, softer practice. This class includes foundational poses as well as breathing exercises and meditation.

**Golden Rhythms** - Location: Aerobics Studio; Low impact cardio for all levels. Dance your way through fun Latin, international, and hit songs with easy to follow moves.

**GRIT™** - Location: Aerobics Studio; High Intensity Interval Training is the hottest trend on the planet. Add HIIT to your life with our three unique LES MILLS GRIT™ workouts and take your fitness to the next level. You'll be addicted to the results.

**Low Impact HIIT** - Tue Location: Studio C, Friday Location: Upper Studio. One of the best training methods for fat loss in a low impact way! Get all the benefits of HIIT (High Intensity Interval Training) without the extra stress on your joints. Simple and effective.

**Oula** - Location: Upper Studio. Get your sweat and smile on with easy-to-follow dance choreography set to top-40 hits. You don't have to be a dancer to feel like one!

**RPM™** - Location: Cycling Studio; This cycling workout delivers maximum results with minimum impact on your joints. Tune into some great music and get your pedals spinning as your instructor takes you on a journey of hill climbs, sprints, and flat riding.

**RPM™ Express** - Location: Cycling Studio; Express class runs 35 minutes. This cycling workout delivers maximum results with minimum impact on your joints.

**Silver Sneakers Cardio Circuit** - Location: Aerobics Studio; Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with hand

**SilverSneakers® Circuit** - Location: Aerobics Studio; Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. A chair is used for standing support, stretching, and relaxation exercises.

**Simple Stretch** - The perfect start to the day! Class may include a walking warm-up, light calisthenics, and entire body stretches. Perfect for all levels and abilities. Location: Racquetball Court #2

**Step** - Location: Aerobics Studio. This beginner friendly step class is fun and easy to follow. You'll burn fat and sculpt muscles while doing intense low impact step choreography mixed with high intensity bursts of cardio and strength training.

**Step Interval** - Location: Aerobics Studio; Step Interval Using the step and free weights, this athletic interval workout can be modified to accommodate various fitness levels while challenging the most hard-core athlete.

**Tai Chi** - Location: Studio C; The arthritis Foundation Tai Chi Program is an ancient practice proven to reduce pain and improve your mental and physical well-being. Great for any fitness level.

**Vinyasa Yoga** - Location: Studio C; Move through poses at a moderate pace to safely open and strengthen the body. Each class will vary with poses to challenge the mind and body. All levels welcome.

**Yoga For Strength** - Location: Studio C. A fitness-based approach to a Vinyasa style flow. You can expect a great cardiovascular and strength building workout with this vigorous class that puts an emphasis on stamina along with flexibility.

**Zumba®** - Location: Aerobics Studio; A cardio class that combines high energy dance moves and motivating music. Fun and easy to do.