

Effective March 17, 2019

NEW!



LES MILLS
VIRTUAL
YMCA Aerobics Studio

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	Virtual BODYPUMP 6:30am - 7:15am	Virtual GRIT Strength 6:45am - 7:15am	Virtual BODYPUMP 6:30am - 7:15am	Virtual CXWORX 6:05am - 6:35am			
				Virtual GRIT Cardio 6:45am - 7:15am			
9am			Virtual Barre 9:45am - 10:15am			Virtual GRIT Strength 9:30am - 10am	
10am						Virtual Barre 10:05am - 10:35am	
						Virtual BODYPUMP Beginner 10:45am - 11:15am	
11am				Virtual Barre 11:30am - 12pm			
12pm		Virtual BODYPUMP 12:15pm - 12:45pm		Virtual BODYPUMP 12:15pm - 12:45pm	Virtual GRIT Strength 12:15pm - 12:45pm		
		Virtual CXWORX 12:50pm - 1:20pm		Virtual CXWORX 12:50pm - 1:20pm			
1pm							Virtual BODYPUMP 1pm - 2pm
2pm							Virtual GRIT Cardio 2:15pm - 2:45pm
							Virtual CXWORX 2:50pm - 3:20pm
3pm							Virtual Barre 3:30pm - 4pm
4pm					Virtual BODYCOMBAT 4:30pm - 5pm		Virtual BODYFLOW 4:15pm - 5:15pm
5pm					Virtual BODYPUMP 5:15pm - 6pm		
6pm					Virtual BODYFLOW 6:30pm - 7:30pm		
7pm	Virtual BODYPUMP 7:45pm - 8:45pm		Virtual BODYCOMBAT 7:45pm - 8:15pm		Virtual SH'BAM 7:45pm - 8:30pm		
8pm		Virtual BODYFLOW 8:15pm - 9:15pm	Virtual CXWORX 8:20pm - 8:50pm	Virtual BODYFLOW 8:15pm - 9:15pm			

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. **Our Les Mills virtual classes are cinematic versions of our live classes.**



Class Descriptions YMCA of Mankato

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

Virtual 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.

Virtual BODYCOMBAT - Location: Aerobics Studio; A high energy martial arts-inspired workout that is totally non-contact. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, torch calories, have a blast and feel like a champ.

Virtual 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.

Virtual BODYPUMP - Location: Aerobics Studio. The ultimate barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout.

Virtual BODYPUMP Beginner - Location: Aerobics Studio. This is a 30-minute orientation to our most popular group fitness class; BODYPUMP. Not required before attending a BODYPUMP class but may be helpful, especially for those who are to strength training and group classes.

Virtual 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.

Virtual GRIT Cardio - Location: Aerobics Studio. GRIT™ Cardio is a 30-minute high-intensity interval training workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout challenges you with a variety of body weight exercises.

Virtual GRIT Strength - Location: Aerobics Studio. GRIT™ Strength is a 30-minute high-intensity interval training workout, designed to improve strength, cardio fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises.

Virtual SH'BAM - Location: Aerobics Studio. A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a smile so forget being a wallflower.