



Free Group Exercise Schedule

SUMMER 2019

May 1 - Sept 1, 2019

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	BODYPUMP™ Aerobics Studio 5:15am - 6:15am	Low Impact HIIT Studio C 5:30am - 6:15am	BODYPUMP™ Aerobics Studio 5:15am - 6:15am	GRIT™ Aerobics Studio 5:30am - 6am	BODYPUMP™ Express Aerobics Studio 5:15am - 5:45am		
	RPM™ Cycling Studio 5:30am - 6:15am	GRIT™ Aerobics Studio 5:30am - 6am	RPM™ Cycling Studio 5:30am - 6:15am		RPM™ Cycling Studio 5:30am - 6:15am		
					CXWORX™ Aerobics Studio 5:50am - 6:20am		
6am	Virtual BODYPUMP 6:30am - 7:15am	CXWORX™ Aerobics Studio 6:05am - 6:35am	Virtual BODYPUMP 6:30am - 7:15am	Virtual CXWORX 6:05am - 6:35am	Virtual BODYCOMBAT 6:30am - 7:15am		
		Gentle Yoga Studio C 6:20am - 7:20am		Gentle Yoga Studio C 6:20am - 7:20am			
		Virtual GRIT Strength 6:45am - 7:15am		Virtual GRIT Cardio 6:45am - 7:15am		RPM™ Cycling Studio 7:15am - 8am	
7am		Tai Chi Studio C 7:30am - 8:15am				Weekend Warrior 7:15am - 8am (1st Saturday of Month) Aerobics Studio	
						GRIT™ 7:30am - 8am (All other Saturdays of Month) Aerobics Studio	
8am	Vinyasa Yoga Studio C 8:20am - 9:20am	Step Aerobics Studio 8:30am - 9:30am	Cycling Cycling Studio 8:15am - 9am	BODYPUMP™ Aerobics Studio 8:30am - 9:15am	Yoga For Strength Studio C 8:20am - 9:20am	BODYPUMP™ Aerobics Studio 8:15am - 9:15am	
	BODYPUMP™ Aerobics Studio 8:30am - 9:25am		Vinyasa Yoga Studio C 8:20am - 9:20am		Low Impact HIIT Aerobics Studio 8:30am - 9:25am		
			GRIT™ Aerobics Studio 8:30am - 9am				
9am	Oula Aerobics Studio 9:30am - 10:30am	Simple Stretch Racquetball Court #2 9am - 9:40am	CXWORX™ Aerobics Studio 9:05am - 9:35am	Simple Stretch Racquetball Court #2 9am - 9:40am	Deep Stretch Studio C 9:30am - 10:30am	Virtual GRIT Strength 9:30am - 10am	
	Gentle Yoga Studio C 9:30am - 10:30am	RPM™ Cycling Studio 9:30am - 10:15am	Gentle Yoga Studio C 9:30am - 10:30am	RPM™ Cycling Studio 9:30am - 10:15am	Barre Aerobics Studio 9:30am - 10am		
		Golden Rhythms Aerobics Studio 9:45am - 10:30am	Virtual Barre 9:45am - 10:15am	Golden Rhythms Aerobics Studio 9:45am - 10:30am			
10am	SilverSneakers® Circuit Aerobics Studio 10:45am - 11:30am		Silver Sneakers Cardio Circuit Aerobics Studio 10:45am - 11:30am		BODYFLOW™ Flexibility Aerobics Studio 10:05am - 10:35am	Virtual Barre 10:05am - 10:35am	RPM™ Cycling Studio 10:30am - 11:15am
					Chair Yoga Aerobics Studio 10:45am - 11:30am	Virtual BODYPUMP Beginner 10:45am - 11am	GRIT™ Aerobics Studio 10:30am - 11am

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? Check out the mobile app for instructor info! Class descriptions at mankatoymca.org/free-group-exercise



Indicates a Virtual Class; a cinematic version of a live class. Location: Aerobics Studio

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- CONTINUED -

	MON	TUE	WED	THU	FRI	SAT	SUN
11am		Virtual Barre ▶ 11:30am - 12pm		Virtual Barre ▶ 11:30am - 12pm			BODYFLOW™ Aerobics Studio 11:15am - 12:15pm
12pm	GRIT™ Aerobics Studio 12:15pm - 12:45pm	Virtual BODYPUMP ▶ 12:15pm - 12:45pm	GRIT™ Aerobics Studio 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	BODYPUMP™ Aerobics Studio 4:30pm - 5:15pm	Vinyasa Yoga Studio C 4:30pm - 5:30pm	BODYPUMP™ Aerobics Studio 4:30pm - 5:15pm	GRIT™ Aerobics Studio 4:30pm - 5pm	Virtual BODYCOMBAT ▶ 4:30pm - 5pm		Virtual BODYFLOW ▶ 4:15pm - 5:15pm
		CXWORX™ Aerobics Studio 4:30pm - 5pm		Yoga For Strength Studio C 4:30pm - 5:30pm			
5pm	Circuit Max Aerobics Studio 5:30pm - 6:20pm	RPM™ Express Cycling Studio 5:10pm - 5:40pm	Step Interval Aerobics Studio 5:30pm - 6:20pm	Barre Aerobics Studio 5:15pm - 5:45pm	Virtual BODYPUMP ▶ 5:15pm - 6pm		
	RPM™ Express Cycling Studio 5:45pm - 6:15pm	GRIT™ Aerobics Studio 5:15pm - 5:45pm					
		Gentle Yoga Studio C 5:45pm - 6:45pm					
		Barre Aerobics Studio 5:50pm - 6:20pm					
6pm	BODYFLOW™ Aerobics Studio 6:30pm - 7:25pm	BODYPUMP™ Express Aerobics Studio 6:30pm - 7:05pm	Barre Aerobics Studio 6:30pm - 7pm	BODYPUMP™ Aerobics Studio 6pm - 7pm	Virtual BODYFLOW ▶ 6:30pm - 7:30pm		
7pm	Virtual BODYPUMP ▶ 7:45pm - 8:45pm	Zumba® Aerobics Studio 7:15pm - 8pm	BODYFLOW™ Flexibility Aerobics Studio 7:05pm - 7:40pm	Virtual BODYFLOW ▶ 7:15pm - 8:15pm	Virtual SH'BAM ▶ 7:45pm - 8:30pm		
			Virtual BODYCOMBAT ▶ 7:45pm - 8:15pm				
8pm		Virtual BODYFLOW ▶ 8:15pm - 9:15pm	Virtual CXWORX ▶ 8:20pm - 8:50pm				

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Indicates a Virtual Class; a cinematic version of a live class. Location: Aerobics Studio

YMCA CLASS DESCRIPTIONS

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.

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.

Virtual BODYPUMP Beginner - Location: Aerobics Studio. This is a 15 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.

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.