

SO YOU CAN...

Adult Fitness Schedule Winter 2022

75+ CLASSES PER WEEK

3 SPACIOUS STUDIOS

1 Y MEMBERSHIP

Classes
Start
Jan 3rd



For Winter 2022 classes, we have a variety group fitness classes to get you back to your routine! These include instructor-led classes and in-studio virtual led classes. This is your opportunity to go harder & heavier!

AEROBICS STUDIO

	MON	TUES	WED	THUR	FRI	SAT	SUN
5am	BODYPUMP Christine 5:15am - 6:15am	GRIT Jemie 5:30am - 6:00am	BODYPUMP Christine 5:15am - 6:15am	GRIT In Studio Virtual 5:30am - 6:00am	BODYPUMP Jenny 5:15am - 6:00am	Bring Your Own Mat!	
6am	BODYFLOW In Studio Virtual 6:30am - 7:30am	Les Mills Core Jemie 6:05am - 6:35am	GRIT In Studio Virtual 6:30am - 7:00am	Les Mills Core In Studio Virtual 6:05am - 6:35am	BODYFLOW In Studio Virtual 6:30am - 7:30am		
8am	BODYPUMP Katie 8:30am - 9:30am			BODYPUMP In Studio Virtual 8:30am - 9:30am		BODYPUMP Rotating 8:15 - 9:15am	
9am			Interval Training for Seniors Rachel 9:30am - 10:15am	Chair Yoga Julia 9:45am - 10:30am	Simple Stretch Julianne 9:30am - 10:15am	GRIT In Studio Virtual 9:30 - 10:00am	
10am	Chair Yoga Julia 10:45am - 11:30am	Cardio & Strength for Seniors Rachel 10:45am - 11:30am			Silver Sneakers Julianne 10:45am - 11:30am	BODYFLOW In Studio Virtual 10:05am - 11:06am	Les Mills Barre Tiana 11:45-12:15pm
12pm	GRIT Amanda C. 12:15pm - 12:45pm	BODYPUMP Express In Studio Virtual 12:15pm - 12:45pm	GRIT Amanda C. 12:15pm - 12:45pm	BODYPUMP Express In Studio Virtual 12:15pm - 12:45pm	Les Mills Core In Studio Virtual 12:15pm - 12:45pm		GRIT Amanda C. 12:30-1:00pm
4pm	BODYPUMP Jenny 4:30pm - 5:15pm	GRIT Amanda C. 4:30pm - 5:00pm	BODYPUMP Jenny 4:30pm - 5:15pm	GRIT Strength Kirsten 4:30pm - 5:00pm	BODYPUMP In Studio Virtual 4:30pm - 5:15pm		BODYFLOW In Studio Virtual 1:15 - 2:15pm
5pm	Circuit Max Leah 5:30pm - 6:15pm	BODYPUMP Abby 5:30pm - 6:30pm	Step Interval Leah 5:30pm - 6:15pm	BODYPUMP Abby 5:30pm - 6:30pm	BODYFLOW In Studio Virtual 5:30pm - 6:30pm		RPM In Studio Virtual 2:30 - 3:15pm
6pm	Zumba Mary 6:30pm - 7:15pm	Fly Bungee Registration Required View website for dates and times.					

This represents our typical class schedule for Winter 2022. All classes are subject to occasional cancellation due to school breaks, holidays, or other unforeseen conflicts. For your safety, we will never encourage an instructor to teach if they are not feeling well, even if this results in a last minute cancellation. Please refer to website for daily schedule.

CYCLING STUDIO

Get ready to pedal your heart out to energetic music when we turn up the volume and turn down the lights! Max of 11 members per class.

	MON	TUES	WED	THUR	FRI	SAT
5:00am		RPM Amanda F. 5:30am - 6:15am	RPM Amanda F. 5:30am - 6:15am	RPM Amanda F. 5:30am - 6:15am		
7:00am						RPM Rotating 7:15am - 8:00am
8:00 am	Cycling Paul 8:15am - 9:00am		Cycling Paul 8:15am - 9:00am		Cycling Paul 8:15am - 9:00am	
9:00am		RPM Liz 9:30am - 10:15am		RPM Liz 9:30am - 10:15am		
5:00pm		RPM Amanda C. 5:30pm - 6:15pm		Cycling Isla 5:30pm - 6:15pm		

FRONT STREET STUDIO

Our satellite studio location is at 615 S. Front Street. Experience the best of both worlds with a variety of mind body classes in a location that gives you that boutique studio experience.

	MON	TUES	WED	THUR	FRI
8:00am			Vinyasa Yoga Layla 8:30am - 9:30am		Vinyasa Yoga Layla 8:30am - 9:30am
9:00am	Warm Vinyasa Stacia 9:30am - 10:30am	Explore & Restore Pilates Jennifer 9:30am - 10:30am		Explore & Restore Pilates Jennifer 9:30am - 10:30am	Pilates & Props Jennifer 10:00am - 11:00am
12:00pm		BodyWise Pilates Jennifer 12:00pm - 12:45pm	Vinyasa 45 Rachel 12:00pm - 12:45pm		
4:00pm	BODYFLOW Kirsten 4:30pm - 5:15pm	Vinyasa Teri 4:30pm - 5:30pm	Pilates Jennifer 4:30pm - 5:30pm	Vinyasa Corrie 4:30pm - 5:30pm	
5:00pm	Restorative Yoga Kirsten 5:30pm - 6:30pm		Gentle Yoga Isla 5:45pm - 6:45pm	Yoga for Strength Stacia 5:45pm - 6:45pm	

Bring Your Own Mat!



#1 FITNESS CENTER

WATER AEROBICS

	MON	TUES	WED	THUR	FRI
6:00am		Water Interval Taylor Pool: Carol 6:00am - 6:50am		Water Interval Taylor Pool: Carol 6:00am - 6:50am	
8:00am	Water Interval Lap Pool: Heidi 8:00am - 8:50am	Water Interval Lap Pool: Heidi 8:00am - 8:50am	Water Interval Lap Pool: Heidi 8:00am - 8:50am	Water Interval Lap Pool: Heidi 8:00am - 8:50am	Water Interval Lap Pool: Heidi 8:00am - 8:50am
10:00am				Aqua Mix Lap Pool: Ashley 10:00am - 10:50am	Aqua Mix Lap Pool: Ashley 10:00am - 10:50am
6:00pm	Aqua Bootcamp Taylor Pool: Nicole 6:00pm - 6:45pm				
7:00pm	Water Interval Lap Pool: Sue 7:15pm - 8:00pm				

To view all class descriptions, please scan the QR Code or visit: mankatoymca.org

