

# FIND YOUR Y

## Fitness Schedule Summer 2022



### AEROBICS STUDIO

	MON	TUES	WED	THUR	FRI	SAT	SUN
5am	<b>BODYPUMP</b> In Studio Virtual 5:15am - 6:15am	<b>GRIT</b> Jemie 5:30am - 6:00am	<b>BODYPUMP 45</b> Stephanie 5:30am - 6:15am	<b>GRIT</b> In Studio Virtual 5:30am - 6:00am	<b>BODYPUMP</b> Jenny 5:15am - 6:00am		
6am	<b>BODYFLOW</b> In Studio Virtual 6:30am - 7:30am	<b>Les Mills Core</b> Jemie 6:05am - 6:35am	<b>GRIT</b> In Studio Virtual 6:30am - 7:00am	<b>Les Mills Core</b> In Studio Virtual 6:05am - 6:35am	<b>BODYFLOW</b> In Studio Virtual 6:30am - 7:30am		
7am			<b>Les Mills Core</b> In Studio Virtual 7:05am - 7:30am		<b>Les Mills Core</b> In Studio Virtual 7:30am - 8:00am	<b>GRIT</b> Rotating 7:30 - 8:00am	
8am	<b>BODYPUMP</b> Katie 8:30am - 9:30am	<b>Step Interval</b> Leah 8:30am - 9:15am		<b>BODYPUMP</b> In Studio Virtual 8:30am - 9:30am	<b>Low Impact HIIT</b> Rachel 8:30am - 9:15am	<b>BODYPUMP</b> Rotating 8:15 - 9:15am	
9am		<b>Pure Pilates</b> Jennifer 9:30am - 10:15am		<b>Pure Pilates</b> Jennifer 9:30am - 10:15am	<b>Simple Stretch</b> Julianne 9:30am - 10:15am	<b>BODYFLOW</b> In Studio Virtual 9:30am - 10:00am	
10am	<b>Chair Yoga</b> Julia 10:45am - 11:30am	<b>Interval Training for Seniors</b> Rachel 10:45am - 11:30am	<b>Cardio &amp; Strength for Seniors</b> Sandy 10:45am - 11:30am	<b>Chair Yoga</b> Julia 10:45am - 11:30am	<b>Silver Sneakers</b> Julianne 10:45am - 11:30am		<b>GRIT</b> Rotating 10:15 - 10:45am
12pm	<b>GRIT</b> Amanda C. 12:15pm - 12:45pm	<b>BODYPUMP Express</b> In Studio Virtual 12:15pm - 12:45pm	<b>GRIT</b> Amanda C. 12:15pm - 12:45pm	<b>BODYPUMP Express</b> In Studio Virtual 12:15pm - 12:45pm	<b>Les Mills Core</b> In Studio Virtual 12:15pm - 12:45pm		<b>BODYFLOW</b> In Studio Virtual 11am - 12pm
3pm	<b>BODYPUMP</b> In Studio Virtual 3:30pm - 4:30pm		<b>BODYPUMP</b> In Studio Virtual 3:30pm - 4:30pm				<b>RPM</b> In Studio Virtual 12:15-1:00pm
4pm	<b>BODYPUMP</b> Jenny 4:30pm - 5:15pm	<b>GRIT</b> Amanda C. 4:30pm - 5:00pm	<b>BODYPUMP</b> Jenny 4:30pm - 5:15pm	<b>GRIT</b> Kirsten 4:30pm - 5:00pm	<b>BODYPUMP</b> In Studio Virtual 4:30pm - 5:15pm		
5pm	<b>Circuit Max</b> Leah 5:30pm - 6:15pm	<b>BODYPUMP</b> Abby 5:30pm - 6:30pm	<b>Step Interval</b> Leah 5:30pm - 6:15pm	<b>BODYPUMP</b> Abby 5:30pm - 6:30pm	<b>BODYFLOW</b> In Studio Virtual 5:30pm - 6:30pm		
6pm	<b>Zumba</b> Mary 6:30pm - 7:15pm	<b>BODYPUMP</b> In Studio Virtual 6:30pm - 7:30pm		<b>BODYPUMP</b> In Studio Virtual 6:30pm - 7:30pm			

This represents our typical class schedule for Summer 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.

### SPECIALITY CLASSES


**Fly Bungee**  
Reservations Required

View website for specific dates and times. Scan the QR code.



# YOGA/CYCLING STUDIO

Enjoy our new and improved Yoga/Cycling Studio located on the upper level of the Y!

	MON	TUES	WED	THUR	FRI	SAT
5:00am		<b>RPM</b> Rotating 5:30am - 6:15am		<b>RPM</b> Rotating 5:30am - 6:15am		
7:00am						
8:00 am	<b>Restorative Flow</b> Jennifer 8:30am - 9:30am		<b>Restorative Flow</b> Jennifer 8:30am - 9:30am		<b>Restorative Flow</b> Jennifer 8:30am - 9:30am	
9:00am		<b>Pure Pilates</b> Aerobics Studio Jennifer 9:30am - 10:30am		<b>Pure Pilates</b> Aerobics Studio Jennifer 9:30am - 10:30am	<b>Pilates &amp; Props</b> Jennifer 10:00am - 11:00am	
12:00pm		<b>Pilates for Lunch</b> Jennifer 12:00pm - 12:45pm	<b>Pilates for Lunch</b> Jennifer 12:00pm - 12:45pm			
4:00pm	<b>Restore Your Core &amp; More</b> Jennifer 4:30pm - 5:30pm		<b>Restore Your Core &amp; More</b> Jennifer 4:30pm - 5:30pm	<b>Vinyasa</b> Corrie 4:30pm - 5:30pm		
5:00pm		<b>RPM</b> Amanda C. 5:30pm - 6:15pm	<b>Slow Flow Pilates</b> Jennifer 5:45pm - 6:45pm			

# WATER AEROBICS

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



To view all class descriptions, please scan the QR Code or visit: [mankatoymca.org](http://mankatoymca.org)



**#1 FITNESS CENTER**

Questions? Contact Stacy Jackson at [sjackson@mankatoymca.org](mailto:sjackson@mankatoymca.org)