



Group Fitness~ Fall 2010

(Effective 9/7/10 ~ Subject to change)

New to class? Please arrive early so we can help.

Rev. 9/1/2010

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|---|---|---|---|---|---|
| 5:45 am | Killer Abs 5:30-5:45 Group Cycle 5:45-6:45 (Kris) | Group Cycle 5:45-6:45 (Cassy) Triathlon Training 5:45-7:30 10/5-12/9 (Michelle, Eric, Sean) Check Tri schedule- | GROUP POWER 5:45-6:45 (Renaee) Killer Abs 5:30-5:45 Group Cycle 5:45-6:45 (Kris) (Roll bikes to Gym) | Group Cycle 5:45-6:45 (Cassy) Triathlon Training 5:45-7:30 10/5-12/9 (Michelle, Eric, Sean) Check Tri schedule- | GROUP POWER 5:45-6:45 (Kris) | |
| Various | GROUP POWER 8:25-9:25 (Julie) | Cardio Mix 8:45-9:30 Abs & Stretch 9:15-9:30 (Tammy) Group Cycle Cycle Fusion Ride30/Core/Stretch 8:35-9:25 (Renaee) | GROUP POWER 8:25-9:25 (Traci) | BootCamp <i>NEW</i> addition... Kettlebells! 8:25-9:25 (Jay) | GROUP POWER 8:25-9:25 (Estelle) | GROUP POWER 9:00-10:00 (Racheal) |
| Various | Group Cycle 9:35-10:05 (Julie) | GROUP POWER 9:35-10:35 (Natalie/Tina) | Cardio Mix 9:35-10:05 Awesome Abs 10:05-10:20 (Tammy) | Pilates Core Conditioning 9:40-10:35 (Jody) | Group Cycle 9:35-10:05 Toning 10:05-10:20 (Stephanie) | Pilates Mix 10:15-11:15 (Lisa) **Starting October 2nd |
| 12:15 | GROUP POWER 12:15-1:15 (Heidi/Traci) | Yoga Mix 12:15-1:00 (Roseanne) | GROUP POWER 12:15-1:15 (Heidi) | Group Cycle 12:15-1:05 (Julie) Yoga Mix 12:15-1:00 (Kari) (Racquetball Ct) | GROUP POWER 12:15-1:15 (Julie/Tammy) | |
| Various | 1:30-3:30 Open Studio Cycle | 1:30-3:30 Open Studio Cycle | 1:30-3:30 Open Studio Cycle | 1:30-3:30 Open Studio Cycle | 1:30-3:30 Open Studio Cycle | |
| 4:15 | Double Step 4:15-5:15 (Tina) | Group Cycle 4:15-5:00 (Sandy) | GROUP POWER 4:00 GP Technique 4:15-5:15 (Kris) | Step 4:15-5:00 Abs & Stretch 5:00-5:15 (Cathy) | GROUP POWER 4:15-5:15 (Pam) | |
| | GROUP POWER 5:25-6:25 (Pam) BootCamp New addition... Kettlebells! 5:45-6:45 (Jay) | Turbo Kick® 5:25-6:25 (Julie) | Cardio Blast (+kettlebells) 5:25-6:20 (Kathy) | Power Yoga 5:25-6:25 (Roseanne) | | |
| Various | Pilates Mix 6:35-7:35 (Lisa) | | Pilates on the Ball 6:30-7:30 (Lisa) | GROUP POWER 6:40-7:40 (Racheal) | | |

Group Power: Purchase your Punch Card: \$30 for 15 classes or \$15 for 7 classes. Sign in @ Member Services before class. Class size is limited

Group Cycle: Reserve up to 2 hours in advance; early am classes may call @ 7:00 pm night before. Sat/Sunday classes may reserve @ 1:00 pm the day before. Call Member Services 829-4767 Class size is limited. Please be early to set bike up. Please dress appropriately, bring water and a sweat towel.

Cycle Flex Classes: If you are time crunched or are new to cycle and don't want to ride the entire scheduled time feel free to choose your length of ride let the instructor know and take time to cool down and stretch.

Open Studio Cycle Studio/bike usage available to independently ride. Obtain a bike pass from the front desk (bike orientation required) and ride during scheduled times.

www.brainerdlakesymca.org