



# Group Fitness~ August 2010

(Effective 7/28/10 ~ Subject to change)

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

Rev. 5/21/2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 am	<b>GroupCycle</b> 5:45-? <b>60-90 Minute Ride</b> <i>Leave when you must...</i> (Kris)	<b>Triathlon Training</b> 5:45-7:30 (Michele, Eric, Sean) check Tri schedule- class may meet at other locations <b>BootCamp</b> (Gym) 5:45-6:30 (Deb)	 5:45-6:45 (Cassy) <b>GroupCycle</b> 5:45-6:45 (Kris) (Roll bikes to Gym)	<b>GroupCycle</b> 5:45-6:45 (Renaë) <b>Triathlon Training</b> 5:45-7:30 (Michele, Eric, Sean) check Tri schedule- class may meet at other locations	 5:45-6:45 (Kris)	
Various	 8:25-9:25 (Julie) <b>5K Training Class</b> (walk/jog) 9:35-10:25 (Heidi)	<b>Indoor/Outdoor</b> <i>(weather Permitting)</i> <b>BootCamp</b> 8:25-9:25 (Jay) <b>GroupCycle</b> <b>Cycle Fusion</b> Ride30/Core/Stretch 8:35-9:25 (Kris)	 8:25-9:25 (Traci)	<b>GroupCycle</b> 8:25-9:10 (Gym) (Julie) <b>Cardio Mix</b> 8:45-9:15 <b>Abs &amp; Stretch</b> 9:15-9:30 (Tammy/Estelle)	 8:25-9:25 (Estelle)	 9:00-10:00 (Racheal)
Various	<b>GroupCycle</b> 9:35-10:05 (Julie)	 9:35-10:35 (Natalie/Tina)	<b>Cardio Mix</b> 9:35-10:05 <b>Awesome Abs</b> 10:05-10:20 (Tammy)	<b>Pilates Core Conditioning</b> 9:40-10:35 (Jody)	<b>Cardio Blast</b> 9:35-10:20 (Estelle)	
12:15	 12:15-1:15 (Heidi/Traci)	<b>Yoga Mix</b> 12:15-1:00 (Roseanne)	 12:15-1:15 (Heidi)	<b>GroupCycle</b> 12:15-12:45 <b>Abs &amp; Stretch</b> 12:45-1:00(Kari)	 12:15-1:15 (Julie/Tammy)	
Various	<b>1:30-3:30</b> <b>Open Studio Cycle</b>	<b>1:30-3:30</b> <b>Open Studio Cycle</b>	<b>1:30-3:30</b> <b>Open Studio Cycle</b>	<b>1:30-3:30</b> <b>Open Studio Cycle</b>	<b>1:30-3:30</b> <b>Open Studio Cycle</b>	
4:15	<b>Double Step</b> 4:15-5:15 (Tina)	<b>GroupCycle</b> 4:15-5:00 (Sandy)	 4:00 GP <b>Technique</b> 4:15-5:15 (Kris)	<b>Step</b> 4:15-5:00 <b>Abs &amp; Stretch</b> 5:00-5:15 (Cathy)		
<i>Outdoors weather permitting</i>	 5:25-6:25 (Pam) <b>In/Out BootCamp</b> 5:45-6:45 (Jay)	<b>NEW!</b> <b>Turbo Kick®</b> 5:25-6:25 (Julie)	<b>In/Out BootCamp</b> Meet in studio- weather permitting 5:25-6:20 (Kathy)	<b>Power Yoga</b> 5:25-6:25 (Roseanne)		
	Various <b>Pilates Mix</b> 6:35-7:35 (Lisa)		<b>Pilates on the Ball</b> 6:30-7:30 (Lisa)	 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](http://www.brainerdlakesymca.org)