




BRAINERD FAMILY YMCA GROUP FITNESS SCHEDULE

Effective 1/7/19—Subject to change www.brainerdlakesymca.org 829-4767

CLASS CHANGES-CANCELATIONS-UPDATES POSTED ON GROUP FITNESS FACEBOOK PAGE



	MON	TUE	WED	THU	FRI	SAT	SUN
5am	KILLER ABS 5:30-5:45am GROUP CYCLE 5:45-6:45am Kris—St2	STRENGTH TRAIN 2gthr 5:40-6:40 am Renae	KILLER ABS 5:30-5:45am GROUP CYCLE 5:45-6:45am Kris—St2	STRENGTH TRAIN 2gthr 5:40-6:40 am Renae	GROUP TRI CYCLE 5:45-7:15 am WARM Sean—St2		BUILDING HOURS M-F 5:30 am— 9:45 pm SAT 7am — 4 pm SUN 11 am — 4pm
	ASHTANGA YOGA 5:50-6:45 am Matt	BOOTCAMP 5:40-6:30am Sara/Matt—Gym/St2		HOT YOGA SCULPT 5:45-6:45am Carly—St2			
	BOOTCAMP W/TRX 8:30-9:30 am Faber—Gym	Strength/Cardio Circuit 8:30-9:30 am Brett —Gym/St2	Strength/Cardio Circuit 8:30-9:15 am Faber-Gym/St2			GROUP CYCLE 7:15-8:15am Carl—St2	
9am	STRENGTH TRAIN 2gthr 8:25-9:25 am Julie	PIYO 8:30-9:30 am Tricia	STRENGTH TRAIN 2gthr 8:25-9:25 am Katie/Heidi	BOOTCAMP 8:30-9:30 am Sam—Gym	STRENGTH TRAIN 2gthr 8:25-9:25 am Katie	STRENGTH TRAIN 2gthr 8-9 am Renae	Kids Kastle Hours Mon/Wed 8am-1:30pm 3:30pm-7:45pm Tues/Thurs 8am-1:30pm 3:30pm-8:00pm Friday 8am-1:30pm 3:30pm-6:45pm Saturday 7:50am-12pm
	ZUMBAGOLD 9:35-10:25 am Tricia		YOGA 9:35-10:25 Heidi	ZUMBA 8:45-9:30 am Tricia	HOT YOGA SCULPT 9-10 am Joleen -St2	YOGA /PILATES 9:15-10:15 am Lisa	
	DEEP AQUA 9-10 am	DEEP AQUA 9-10 am	DEEP AQUA 9-10 am	DEEP AQUA 9-10 am	DEEP AQUA 9-10 am	TRX 9:30-10:15 am Lars/Jess-St2	
	SHALLOW AQUA 9-10 am	SILVERSNIAKERS CLASSIC 9-10 am @MILLS FORD	SHALLOW AQUA 9-10 am	SILVERSNIAKERS CLASSIC 9-10 am @MILLS FORD	SHALLOW AQUA 9-10 am	ZUMBA 10:30-11:30 Lisa	
	GROUP CYCLE 9:35-10:05 am Julie—St2	GENTLE CHAIR YOGA 9:50-10:35 am Mary	GROUP CYCLE 9:35-10:05 am Tina—St2	GENTLE CHAIR YOGA 9:50-10:35 am Mary	PIYO 9:35-10:35 am Tricia/Tara		
	BALANCE & FLEX 2gthr 10:30-11:25 am Heidi—St2	KIDS YOGA 11-11:30 am Lacey—St2		BALANCE & FLEX 2gthr 10:30-11:30 am Heidi -St2	TRX 10:40-11:25 am Lars-St2		
	SILVERSNIAKERS CLASSIC 10:50-11:50 am	SILVERSNIAKERS CIRCUIT 10:50-11:40 am	SILVERSNIAKERS CLASSIC 10:50-11:50 am	SILVERSNIAKERS CIRCUIT 10:50-11:40 am	SILVERSNIAKERS CLASSIC 10:50-11:50 am		
						PIYO 11:10-12:00 am Tara	
Noon	STRENGTH TRAIN 2gthr 12:15-1:15 pm Katie/Heidi	YOGA 12:15-1 pm Lacey	STRENGTH TRAIN 2gthr 12:15-1:15 pm Katie	GENTLE YOGA 12:15-1 pm Sandy	STRENGTH TRAIN 2gthr 12:15-1:15 pm Julie		STRENGTH TRAIN 2gthr 12:15-1:15 pm Brook/Shanna
		GROUP CYCLE 12:15-12:45 pm Nate—St2	TRX 12:15—1:00 pm Lars-St2	GROUP CYCLE 12:15-1 pm Julie—St2			BALANCE & FLEX 2gthr 1:30-2:30 pm Jen
	FAMILY BOOTCAMP (Ages 6 +) 4:30-5:15 pm Sam-Gym	BIKE MAINTENANCE 1:15-4:00 Carl-St2					
	YOGA/PILATES 4:15-5:15 pm Lisa	STRENGTH TRAIN 2gthr 4:15-5:15 pm Jen	ZUMBA/CARDIO DANCE SCULPT 4:15-5:15 pm Deisy/Gail	STRENGTH TRAIN 2gthr 4:15-5:15 pm Shanna			NEW Class coming.... Watch for our Glidefit Class to be scheduled soon in the Pool!!
	TRX 4:15--5:00 pm Lars/Jess-St2	GROUP CYCLE 4:15-5:00 pm Kari/Sandy—St2	YOGA FLOW 4:15-5:15 pm Lisa—St2	HIIT & CORE 4:15-5:00 pm Jill-St 2	STRENGTH TRAIN 2gthr 4:00-5:00 pm Jen		
5pm	STRENGTH TRAIN 2gthr 5:30-6:30 pm Estelle	ZUMBA TONING 5:30-6:30 Colleen-St2	STRENGTH TRAIN 2gthr 5:30-6:30 pm Brook/Estelle	BALANCE & FLEX 2gthr 5:30-6:25 pm Estelle/Denise-St2	BALANCE & FLEX 2gthr 5:05-6:05 pm Jen		
	CYCLE- Visual Ride 5:30-6:30 Michael—St2	BALANCE & FLEX 2gthr 5:30-6:25 pm Jen	COUNTRY HEAT 5:30-6:30 Kelsey-St2	STEP 5:30-6:30 pm Belinda	HOT YOGA SCULPT 5:15-6:30 pm Carly—St2		
6pm	BALANCE & FLEX 2gthr 6:40-7:35 pm Estelle/Denise						
	AQUA COMBO 6:35-7:35 pm		AQUA COMBO 6:35-7:35 pm				

YOU CAN RESERVE YOUR GROUP CYCLE BIKE UP TO 2 HOURS BEFORE CLASS AS CLASS SIZE IS LIMITED, CALL 829-4767. PLEASE WEAR INSIDE ONLY SHOES IN THE STUDIO.
 Sign up to reserve your TRX spot when you arrive. We recommend you bring your own yoga mat to class. Mats are available if needed. Classes not marked are in Studio 1.

Fitness Class Descriptions

Y MEMBERS CAN ATTEND A VARIETY OF FITNESS CLASSES FREE WITH YOUR MEMBERSHIP!

New to Group Fitness?? Arrive to class early please let instructor know you are new. Dress in proper workout attire. Wear supportive **inside only** shoes designed for that activity. Drink water before during and after class. Instructors will show different levels and modifications, workout at your own level. Ask instructor for help or assistance if needed. Group Fitness classes are for 13 years and over. Parent supervision and guidance is needed for the younger participant.

AQUACISE/WATER FITNESS: The water's resistance provides a great cardio and strength workout for all fitness levels.

BALANCE & FLEX TOGETHER: (also known as **Centergy**) This mind body class incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

BOOTCAMP: This class will challenge your whole body...basic cardio and strength exercises in a motivating group environment. Class will challenge you outside if weather permits. **FAMILY BOOTCAMP** gives parents and kids a chance to workout together (**Ages 6 and up**).

CARDIO & CORE: Combinations of cardio moves and intervals along with exercises to work the core.

COUNTRY HEAT: EASY-TO-FOLLOW, COUNTRY DANCE-INSPIRED WORKOUTS. Fire up the fun with the high-energy, easy-to-follow, country dance-inspired workout that's so simple anyone can do it! It's so fun, you'll barely notice you are burning fat and tightening your body from head to toe!

GROUP CYCLE: Climb on our bikes in Studio 2 and burn calories like crazy, improve your cardiovascular endurance and build strength. Our certified fitness instructors will take you through a low impact workout that closely resembles a ride encountering the challenge of flats, seated climbs, standing climbs and intervals all while maintaining the ability to go at your own pace. With no complicated moves to learn set to energizing music in a motivating group environment you'll find yourself having a blast while creating a leaner, stronger body. Arrive to class at least 10 minutes early to get your bike set up. Call Member Services **829-4767** to learn about the reservation policy and reserve your spot.

TRI CYCLE (Warm)- High intensity workout designed to work well for Triathletes.

KIDS YOGA: (**2-5 year olds**, 2 Yr olds must have an adult, **parent participation encouraged**) Children will strengthen their bodies and minds as they learn basic poses, breathing and relaxation. This energy releasing class is about self confidence, mindfulness, motor skills and fun!

PIYO: This contemporary approach to Pilates and Yoga is a dynamic, faster-paced class using techniques and exercises inspired by Pilates, Yoga, dance and functional training.

STEP: Step is an energizing workout using a height-adjustable step and simple movements on, over and around the step. Class finishes with core exercises & a nice stretch.

STRENGTH/CARDIO CIRCUITS: Just like it sounds... exercises to increase your heartrate along with strength and toning work.

STRENGTH TRAIN TOGETHER: (also known as **Group Power**) Strength Train Together is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Strength Train Together is for all ages and fitness levels. Discover results, discover Strength Train Together!

TRX:TRX Suspension Training is the original, best-in-class workout system that leverages gravity and your body weight to perform hundreds of exercises that build power and increase strength, flexibility, balance and mobility. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance. Sign up with Member Services to save your spot. No need to sign up if you are doing TRX in a Bootcamp type class.

YOGA: Challenge your mind and body with yoga poses, breathing, and relaxation. Dynamic, flowing posture sequences will build strength and flexibility. Bring a Yoga mat if you have one (available if needed). **Gentle-** will move at a slower pace with gentle poses.... great for beginners.

YOGA FLOW: class moves from one pose to another at a little faster pace challenging you and increasing your heartrate. Some classes will be more challenging than others... it depends on the instructor and the level of the participants that usually attend.

YOGA/PILATES: A fusion of Yoga Flow postures and Pilates exercises.

GENTLE CHAIR YOGA: A gentle chair supported yoga class that will move your body through a series of seated and standing yoga poses focusing on breathing, flexibility, balance, range of movement and relaxation.

HOT YOGA SCULPT: This **HOT High Intensity fast paced** Yoga class will move you through a variety of Yoga poses with weights to increase intensity and **sculpt** your body. Sets of **cardio** are sure to get your heartrate up! Come early to set up mat & 2 sets of weights... bring personal Yoga mat if possible. Hot Yoga Sculpt with HIIT will add in more cardio options... all can be modified to fit your fitness level.

ZUMBA®: Latin and international music and dance come together for a dynamic and effective fitness class. No dance experience is required-just keep moving! Routines combine fast and slow rhythms that tone, sculpt and inspire. All levels.

ZUMBA GOLD®: Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Easy to follow moves and zesty latin music. Zumba Gold is a dance fitness class that feels friendly and fun!!

ZUMBA® TONING: Combines targeted body-sculpting exercise and energetic cardio work. Using light weight dumbbells, you'll work every muscle