



# GROUP EXERCISE SCHEDULE

BLAISDELL YMCA

June 21st - September 12th

## Facility Hours

Monday - Friday 5:30am- 10:00pm

Saturday/Sunday 7:00am-8:00pm

[www.ymcatwincities.org](http://www.ymcatwincities.org)

Studio A - Upstairs Studio C&D - Downstairs

## Kids Stuff Hours

Mon - Thurs - 8:00am-1:30pm and 3:45pm-8:30pm

Fri - 8:00am-1:30pm and 4:30pm-7:45pm

Saturday 8:00am-1:30pm

Sunday 10:00am-3:30pm

### Monday

Time	Class	Location	Instructor
8:10 - 8:40 am	<b>Core Conditioning</b>	A	<b>Marianna</b>
8:50 - 10:10 am	<b>Step/Body Tone</b>	C	<b>Marianna</b>
9:10 - 10:10 am	BodyPump™	A	Ann
10:15 - 11:10 am	<b>AOA Aerobics</b>	A	<b>Nina</b>
10:15 - 11:15 am	Fitness Yoga	C	Lisa
11:15 - Noon pm	SilverSneakers® - Muscular	A	Yvette
11:45 - 12:45 pm	Water X	Pool	Taimi
12:05 - 1:05 pm	BodyFlow™	A	Pam
4:00 - 4:55 pm	BodyPump™	A	Nina
5:00 - 6:00 pm	Step	A	Yolonda
5:30 - 6:30 pm	Fitness Yoga	C	Lisa
5:30 - 6:15 pm	Water X Power	Pool	Meg
6:10 - 7:10 pm	BodyPump™	A	Bonnie/Mike
7:00 - 8:00 pm	Mat Pilates	C	Yvette
7:15 - 8:15 pm	Turbo Kick®	A	Stacie

### Tuesday

Time	Class	Location	Instructor
8:15 - 9:00 am	Water X Power	Pool	Lindsay
9:30 - 10:30 am	Boot Camp	C	Amy
9:30 - 10:30 am	Fitness Yoga	A	Marcy
12:10 - 1:10 pm	BodyPump™	A	Nina
4:00 - 4:55 pm	Step	A	Wendy
5:00 - 6:00 pm	PiYo	C	Wendy
5:20 - 6:20 pm	BodyPump™	A	Abby
6:25 - 7:25 pm	Boot Camp	A	Holly
7:00 - 8:00 pm	Group Cycle	C	Eric
7:35 - 8:35 pm	Zumba™	A	Pam
8:05 - 8:35 pm	Core Conditioning	C	Eric

### Wednesday

Time	Class	Location	Instructor
6:00 - 7:00 am	<b>Group Cycle</b>	C	<b>Ann/Jen</b>
8:10 - 8:40 am	<b>Core Conditioning</b>	A	<b>Marianna</b>
9:10 - 10:10 am	BodyPump™	A	Ann
10:15 - 11:15 am	<b>Fitness Yoga</b>	C	<b>Lisa H.</b>
10:15 - 11:10 am	<b>Zumba Gold™</b>	A	<b>Pam</b>
11:15 - Noon pm	SilverSneakers® - Muscular	A	Pam
11:45 - 12:45 pm	Water X	Pool	Taimi
12:05 - 1:05 pm	BodyFlow™	A	Pam
4:00 - 4:55 pm	BodyPump™	A	Nina
5:00 - 6:00 pm	Turbo Kick®	A	Ritzelda
5:30 - 6:15 pm	Water X Power	Pool	Meg
5:30 - 6:30 pm	Fitness Yoga	C	Lisa
6:10 - 7:10 pm	BodyPump™	A	Alyssa
7:00 - 8:00 pm	Mat Pilates	C	Mary K

### Thursday

Time	Class	Location	Instructor
9:15 - 10:00 am	Water X Power	Pool	Heather
9:30 - 10:30 am	Boot Camp	C	Amy
9:30 - 10:30 am	Fitness Yoga	A	Marcy
12:10 - 1:10 pm	BodyPump™	A	Lisa H.
4:00 - 4:55 pm	Step	A	Wendy
5:00 - 6:00 pm	PiYo	C	Wendy
5:20 - 6:20 pm	BodyPump™	A	Alyssa
6:25 - 7:25 pm	BodyFlow™	A	Pam
7:00 - 8:00 pm	Group Cycle	C	Eric
7:35 - 8:35 pm	Zumba™	A	Pam
8:05 - 8:35 pm	Core Conditioning	C	Eric

### Friday

Time	Class	Location	Instructor
7:15 - 8:00 am	Water X Power	Pool	Andrew
8:10 - 8:40 am	<b>Core Conditioning</b>	A	<b>Marianna</b>
8:50 - 10:20 am	<b>Step/Body Tone</b>	C	<b>Marianna</b>
9:10 - 10:10 am	BodyPump™	A	Ann
10:15 - 11:10 am	AOA Aerobics	A	Mary K
10:30 - 11:30 am	Fitness Yoga	C	Marcy
11:15 - Noon pm	SilverSneakers® YogaStretch	A	Mary K
11:45 - 12:45 pm	Water X	Pool	Ann
12:05 - 1:05 pm	BodyFlow™	A	Lois
5:00 - 6:00 pm	Step	A	Yolonda
5:30 - 6:30 pm	<b>PiYo</b>	C	<b>Stacie</b>
6:10 - 7:10 pm	BodyPump™	A	Deb
7:00 - 8:00 pm	<b>Mat Pilates</b>	C	<b>Yvette</b>
7:15 - 8:15 pm	Turbo Kick®	A	Steve

### Saturday

Time	Class	Location	Instructor
8:00 - 8:45 am	Group Cycle	C	Karen/Dean
8:10 - 8:55 am	<b>Step</b>	A	<b>Staff Rotation</b>
8:15 - 9:00 am	Water X Power	Pool	Heather
9:00 - 10:00 am	BodyPump™	A	Abby/Jann
9:30 - 10:30 am	Tai Chi Practice	C	Ting
10:15 - 11:00 am	Fitness Yoga	A	Pat
10:45 - 11:45 am	Tai Chi Instruction	C	Ting
11:15 - 12:15 pm	Turbo Kick®	A	Stacie
12:25 - 1:25 pm	<b>PiYo</b>	A	<b>Stacie</b>

### Sunday

Time	Class	Location	Instructor
10:30 - 11:30 am	Water X Power	Pool	Andrew
10:45 - 11:45 am	BodyPump™	A	Deb
Noon - 1:00 pm	Step	A	Yolonda
2:30 - 3:30 pm	Fitness Yoga	A	Myra
6:30 - 7:30 pm	Fitness Yoga	A	Myra

All Classes subject to cancellation due to low attendance.

Watch for schedule changes during Holidays and special events.

Class size is limited for Cycle and Body Pump!

Guests under 18 are not allowed in the Fitness Center or in Group X classes.

Youth, Ages 10 and up can attend class with a parent

Must be at least 15 to attend Body Pump.

Kids ages 4-12 are welcome in Family classes and Kids Fitness classes

**BOLD=class addition or change**