

Winter 2010 Fitness Schedule

Updated February 2, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					7:30-8:30am Power Pump Laurie
					8:30-9:15am Weekend Warrior Rotating
8:15-9:15am Gentle Yoga Laurie	8:15-8:50am Easy Step Laurie	8:15-9:15am Gentle Yoga Rebecca	8:15-8:50am Cardio Kick Laurie	8:15-9:15am Gentle Yoga Julie	
9:15-10:00am Cardio Mix Dayna	9:00-10:00am Power Pump Laurie	9:15-10:00am Cardio Mix Rebecca	9:00-10:00am Power Pump Laurie	9:15-10:00am Cardio Mix Dayna	9:15-10:00am YogaFlow Rotating
10:00-10:30am Body Sculpt Dayna		10:00-10:30am Body Sculpt Rebecca		10:00-10:30am Body Sculpt Dayna	10:00-11:00am Karate
	11:30-12:15pm YogaFlow Laurie		11:30-12:15pm YogaFlow Laurie		11:00-11:30am Kids Karate
		4:20-5:05pm *Mid-Week Mania Laurie			
4:20-5:05pm Group Cycle Sarah	4:30-5:00pm Kidz Fitness Rose	4:20-5:05pm *Group Cycle Rachel	4:20-5:05pm Group Cycle Sarah	4:20-5:05pm Boot Camp Sarah/Rachel/Laurie	
5:10-5:40pm Body Sculpt Laurie	5:10-5:40pm Cardio Ball Rose	5:10-5:40 Body Sculpt Rachel	5:10-5:40pm Easy Step Laurie	5:10-6:00pm YogaFlow Rotating	
5:30-6:15pm Fit Kids** Trent		5:30-6:15pm Fit Kids** Trent			
5:45-6:30pm YogaFlow Laurie	5:45-6:30pm Fusion Jason	5:45-6:30pm YogaFlow Rachel	5:45-6:30pm Fusion Jason		
	6:30-7:30pm Karate		6:30-7:30pm Beginner Karate		

*Both classes in the studio

**Class held in the Gym



We build strong kids, strong families, strong communities.

St. Cloud Area Family YMCA

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Cardio Mix - 45 minutes of pure energy in cardio form! Enjoy a mix of hi/lo, step, kickboxing, etc.

Body Sculpt - Toning to hit all major muscle groups.

Power Pump - A 60 minute intense class designed to help you work harder to tone and strengthen all muscles using weights, bands, body weight and/or stability balls.

Weekend Warrior - Combines intervals of cardio with strength and toning to start your weekend off right!

Easy Step - 30 minutes of basic step! No previous step experience required!!

YogaFlow - 45minutes of flowing yoga poses.

Cardio Ball - A full body cardio class. A cardio workout using hi/lo impact aerobics plus the stability ball to add a new element of fun to your workout .

Fusion - An exhilarating combination of Pilates and Yoga. Experience the core strengthening exercises of Pilates with the quiet strength and relaxation benefits of Yoga.

Gentle Yoga - A gentle form of yoga for those with limited joint flexibility or joint range of motion.

Mid-Week Mania - Combines intervals of cardio with strength and toning to get you over "Hump Day"!

Group Cycle - High energy, heart pumping fun on a bike! Class limit of 9. Please call the Front Desk the day of class to reserve your bike.

Boot Camp Circuit - 45 minutes of intense drills, plyometrics and more! Be ready to sweat!

Kidz Fitness - 30 minute class to increase kids' physical activity. Recommended for ages 4-10. Parents are encouraged to stay!

Cardio Kick - Hi/Lo impact cardio with kickboxing - get your day started right!

Fit Kids -Fun and exercise through games, circuits and drills for kids **ages 7-12**. This class meets in the gym.

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